



Rocky Mountain Recovery

October 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

Why am I here?

Why do I stay?

Keep coming
back!

The only requirement for membership in Nar-Anon is that there be a problem of addiction in a relative or friend.

This program may not be what you expected, but attending Nar-Anon can be a life changing experience.

You are a member of Nar-Anon when you say you are.

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	A message from Outreach	Service Opportunities

Are there any Nar-Anon related announcements?

- Carry the Message with a Nar-Anon and Narcotics Anonymous speakers October 25, 2025 10:30 AM MT in the Virtual Meeting Room
- Sponsorship House Party Dec 6, 2026 10 AM MT in the Virtual Meeting Room
- New Year, New You 2026 - 24 hours of recovery starting on Jan 31st at 6 PM MT in the Virtual Meeting Room
- Nar-Anon Recovery Cruise #2 April 12-19, 2026



SERVICE OPPORTUNITIES

Do you feel called to serve?

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

Heard in an RMR Meeting Room

The difference between grief and self-pity is that grief brings me closer to God, and self-pity brings me closer to self.

Boundaries: the gift that I have to other people so that they will know how to treat me.

Be brave enough to tell your own story and kind enough not to tell theirs.

God's delay is not God's denial. I need to trust and have patience.

If you argue for your character defects, you get to keep them.

Having a hope produces a life of faith. Having an expectation produces a life of entitlement.

I needed to feel needed because I didn't feel loved.

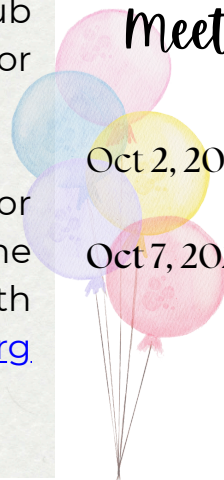
Do you want me to listen, lecture, or love?

Have you heard an amazing Nar-A-Nugget of wisdom recently? Send it to newsletter@naranonrm.org to be included in an upcoming issue

Meeting Birthday Shout-Out

Oct 2, 2022 Happy, Joyous and Free, 3 Years

Oct 7, 2021 We begin Here, 4 Years





Sharing Experience Strength and Hope

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

I came because after years of dealing with my son's and daughter in law's addiction and their relapse after a few months of sobriety and stability, I was desperate for something different.

For over a decade I was doing what I thought was "harm reduction" to keep them alive. Their addiction had lead them to homelessness multiple times, including during the pandemic.

Their addiction led them to consistently being unemployed with no income. Their addiction led them to criminal activity. Their addiction led them to multiple times where they were at the brink of death and brought back by some saving miracles.

Their addiction led me to my own insanity. In my faulty thinking, as his mom, it was my job to protect him and keep him safe at all costs. Those costs were very costly to me. Countless nights of lost sleep; money spent on motels, food and clothing; missed work; doing things against my own values; anything I thought would keep them alive.

The "harm reduction" I was providing them was harming me. I came to Nar-Anon because I knew about 12 steps for codependency and I was no longer able to continue my own path of self-destruction trying to keep them alive.

I keep coming back because just like them in their addiction, I need to continue to do my own work daily or I will relapse into my own destructive behaviors of reducing and enabling them at the cost of my own well-being. I need the program in my life to keep my focus on myself and to allow my addicts to live their lives and to face their consequences, even if those consequences might be their lives.

continued....

I was so desperate in my pain and fear that I was inappropriately sharing with anyone and everyone the gory details of what I was going through and what their addiction was having them go through. It was only drawing others away and isolating myself even further.

I keep coming back because drug addiction is a global epidemic that doesn't just affect the addicts, but affects everyone that loves them and society as a whole. I keep coming back because I can't do this alone and here is safe place to have support and understanding from others that are going through it with me. I keep coming back so I too can offer support, help and understanding to others going through this with me. I am no longer the desperate, alone, lost, scared mother of addicts. I now have a global community and close Narabuddies I can do life with - all of life, the good times, the worst times, and the most fearful times that only loving a person with addiction can bring. I struggle with aspects of the program but I will continue to work through these struggles with my sponsor and Narabuddies to keep growing in MY recovery.

I am a grateful Nar-Anon member for life because I do not ever want to go back to that dark place I was in that lead me to come here.

I originally came to Nar-Anon to find out more information about Enabling versus Helping. After being informed that many things families do to HELP their loved ones ends up ENABLING them, I was terrified to think I was making things worse for my ALO and myself! Yep, sure enough. The more I listened to others share during 90 meetings in 90 days, and asked questions after meetings, the more I knew I was an Enabler. And in competition for the Queen of all Enablers. I keep coming back because I haven't stopped learning. I haven't stopped making mistakes. I depend on the support of fellow members. And even if I cry through a whole meeting, I enjoy my time spent in the meeting.

My life became completely unmanageable and I could no longer function. Depression, fear and anxiety ruled my life. I stay to learn through the fellowship, steps and traditions how to take care of myself, monitor my reactions, turn it over to my higher power and to fully understand my path is my own and my ALO has his own path and higher power.

When I first walked into the rooms of Nar-Anon, I was desperate. My loved one's addiction had consumed my life, and I believed if I could just learn the right tools, I could fix them.

I came because I wanted answers—anything that would help me stop the chaos in my home and bring peace back to my family. I was convinced that if they would stop using, everything would be fine. But over time, I realized that the program wasn't about changing them. It was about changing me.

I began to hear my own story in the voices of others. I felt less alone. Slowly, I discovered a community of people who understood what I was going through without judgment, people who offered hope where I could only see fear and despair.

Now, I stay for me. I stay because the Fellowship offers me a daily reprieve from worry, resentment, and control. It reminds me that recovery is a one-day-at-a-time journey, not a quick fix. The Steps and Traditions give me a framework for living more peacefully, no matter what is happening with my loved one.

Most of all, I stay because the Fellowship provides a community of connection which holds me up when I cannot hold myself. By showing up regularly, I keep my emotional sobriety strong and continue to grow. What began as desperation to save someone else has become a commitment to save myself—and that is why I keep coming back.



We want to hear from you!

Next Month's Question:

How have you detached with love?

What has gotten in the way of it when you are struggling and how have you moved through it?

Click the image to the left to submit your answer!

My Struggle to Surrender

When I first came into these rooms 2-1/2 years ago, my life was totally unmanageable and I was a mess. I was suicidal and homicidal. I found Nar-Anon to be SO comforting, but it did SO much more — it saved my life.

As I attended meetings daily (I did 90 meetings in 90 days), I learned about the many tools of the program, especially turning to my Higher Power, whom I call God. I always believed in God, but I had turned away from Him, not believing that He could help me. I was so wrong.

I learned about the slogans, I listened to learn, I shared to heal, I reached out to Narabuddies, read my literature, and did service. I thought everything would change quickly. My life DID become more manageable, but I was still making mistakes, especially in still trying to control my ALO.

I would reach out to a Narabuddy and tell them I was struggling. That was my word when I either did something I shouldn't do, or was still frustrated, resentful, angry and unhappy. I was struggling. I had heard and read about surrendering, but I didn't really understand what that meant. I thought surrender meant giving up.

Once I found a sponsor and started working the steps, things really started to fall into place. I learned that the first three steps, especially Step Three, are all about surrender. I admitted I was powerless over the addict and that my life had become unmanageable. In order to make my life manageable again, I had to surrender. I came to believe that a Power greater than myself could restore me to sanity — I had to surrender. I made the decision to turn my will and my life over to the care of God, as I understood Him, by surrendering.

My sponsor taught me that as I worked the steps I would do better, because now I know better, but I will still make mistakes. The important thing is to KNOW better, and to try my best, because God loves effort. My sponsor taught me that before I started working my program, I felt justified in my inappropriate reactions and behavior. Now, at least I would be able to acknowledge that I reacted badly, make amends, and try to do better next time. My biggest challenge in surrendering is giving up control. Not enabling and detaching with love came much easier to me.

I started to see that when I was struggling, it was because I was not letting go and letting God (which is one of my all-time favorite slogans). I know that my struggles center on my refusal to surrender control. There are many readings in our literature about surrendering.

I love the phrase, "stores of hope." I once heard someone in this room say there is a difference between having hope (and faith) and "getting your hopes up," which can lead to unfulfilled expectations and resentments. I may have moments of crisis, but it is nothing I can't handle. With the help of my Higher Power, I will get through it.

A Narabuddy recently texted me with this sentence: "God can do far more with your surrender than you can do with your control." I can't do much with my control — except controlling myself. God can take my surrender and do His job. As I read recently, I should be focusing on doing God's work, not God's job. God's got this!

I started to understand the concept of surrendering to mean that I had to be patient (not something that comes easily to me) and wait for the right time for things to happen. Much of my controlling nature comes from my fears. By trusting God and surrendering, I am facing my fears.

Some of the slogans I use to help me surrender are: FROG — Fully Rely on God; Let Go and Let God; Progress, not Perfection; Feel the Feeling, Choose the Behavior, and Act My Way into Right Thinking. As I have read, if I am willing to let go of the outcome, I am in God's will, and not my own. Does this have my name on it? Am I in control? Usually, the answer is NO. I also need to add "How important is it?" PAUSE — Postpone Action Until Serenity Emerges! THINK — is it Thoughtful, Honest, Important, Necessary, and Kind?

The way I started thinking of surrender is as if I had my hands and arms tangled up in yarn or string. If I struggled, it would just get more tangled, tighter and tighter, so that I would be even MORE tangled up. I was making it worse by struggling. If I just relaxed, surrendered and stopped struggling, I could slowly and patiently untie myself. That's what my recovery is like, slowing down, finding patience through perseverance, and finding solutions by Letting go and Letting God.

This program can have such a HUGE positive impact on your life. It may be very confusing right now, but just KEEP COMING BACK.

Suggested SESH readings:

Surrender the Insanity — February 12

Surrender My Will — March 8

Humility — May 3

Step Three — March 13

Let Go or Be Dragged — August 1

An Act of Faith — October 1

Prayers and Poetry

My Third Step Prayer

HP of all HP's, the best that you can be and even better than I could ever imagine I give you myself, because it would be silly not to!

I pour myself into the bathtub of your love to be healed from within and without.

To have my molecules rearranged so until they are humming in perfect harmony with the universal toning of the earth, all the planets, the stars, and you.

I give you every thing, every little tiny thing, every single thing I can see and think I should control or help or fix. I give it all to you. I am letting go and turning it over now because holy heck this is easier than trying to fix everything on my own.

Just for this moment, this tiny moment, I am open to the possibility that I can have help, I am deserving of help, and you exist and can change me. So, also, I can be an agent of love, harmony, and alignment for others.

Higher Power, if you are real and you are listening, I'd love to believe that you can take all of this from me, so just for this moment, maybe just for a second, I'm going to try, because this makes sense and harmony is real and I can feel it and there is no failure and everything is going to be okay.



Outreach

Nar-Anon Makes First Appearance at Colorado Counselors Association (CCA) Conference!

The Rocky Mountain Outreach Committee attended this year's CCA in Keystone, Colorado. The Outreach Committee staffed the table and engaged with the 250 counselors who attended. This is the largest professional conference the Rocky Mountain Region has attended thus far and we are following up with connections made.

Outreach also attended Northern Colorado Health Alliance (NCHA) Overdose Awareness events in Greeley, Loveland and Fort Collins, Colorado. These events allowed us to make connections with many treatment facilities and Narcotics Anonymous. The NA region (Off The Wall) has requested that we restart in-person meetings in the area, so, if you are interested in helping, please let us know.

Finally, Outreach participated in Advocates for Recovery's "Rally for Recovery" in Denver, Colorado. Thousands attended the event and we gave away all the literature we brought with us to treatment centers, ALOs, and friends and family. One of the most moving moments was when a couple walked up to the booth and the ALO said "this booth is for you" to her partner and walked away. We explained what Nar-Anon offers: meetings, tools and experience, strength and hope. That was one of many conversations we had at this event and we look forward to having many more.

Join us in carrying the message! You don't have to live in Colorado to do RMR outreach in the area where you live. The Outreach Committee meets weekly on Tuesdays at 5:10 PM (Mountain Time) in the RMR Clubhouse. We really need your help to staff the Outreach Table at the Nar-Anon Convention in November, sign up here if you are called to serve: <https://forms.gle/nMh1jH8WiZACiSP46>

For questions, please email: outreach@naranonrm.org

In Loving Service,

Niko

Outreach Chair, Rocky Mountain Region



2025 Rocky Mountain Region Convention, Nov 14-16, 2025 in Denver CO!

Unmasking Recovery: Slowly, New Persons Emerge

Please visit our [official convention landing page](#) for more information

Counting Down to Convention — See You in Denver!

I joined Nar-Anon in 2023. From day one, I heard people talking about the Rocky Mountain Region Convention in November. I barely listened. My life was in such a state of chaos and unmanageability, I couldn't even think about leaving home for three days to take my recovery to the next level.

I missed the convention that year, but I did get to listen to Carry The Message and the Saturday Night Speaker via Zoom, which was very exciting. The people joining via Zoom got to see all the attendees having an amazing time together. It made me want to be there.

Very early in 2024, I started to hear a lot about the next RMR convention. This convention is spoken about quite often in our meetings and everyone who has gone just glows when they share about it. Now I really wanted to go, but I just couldn't see how I could pull it off. There were still too many obstacles. I felt wistful about missing it, but miss it I did.

Then 2025 rolled around and I was asked to join the Convention Committee. Was this a ploy to get me involved so I would attend? I don't know for sure, but it worked. As the months went by and I helped put it all together, I decided I was going to make it happen. There were details I had to get worked out, but I did it. I made it a priority in my life.

I cannot explain how much I am looking forward to meeting people I've been loving in the squares every night for almost three years. I cannot wait to learn, in person, from people I admire and respect, and also get to participate and make connections with people I don't know at all. I have heard many say it is life-changing, and I want to be a part of that.

This year marks my third year attending the Rocky Mountain Region Convention, and I couldn't be more grateful to gather in person with so many beloved members of our Fellowship. There's something irreplaceable about face-to-face conversations, warm embraces, and shared meals.

One of the greatest gifts of the convention is the opportunity to choose from rich, meaningful workshops.

Pencil Me In — connect with others in a fun “speed-meeting” style and find your convention Narabuddy.

New Persons Emerge – 4th Step Workshop — explore the 4th Step workbook and hear experience, strength, and hope.

The Art of Recovery — express recovery through creativity and see where your Higher Power leads.

Prayer – The Divine Dance (LIT Com) — write heartfelt prayers blending Step 2, Step 11, and personal creativity.

Why Dance Alone? – Sponsorship — discover the power of working the Steps together through sponsorship.

Slogan Shuffle — learn new ways to live and share Nar-Anon slogans.

The Masquerade of Grief — process grief in a safe space and explore healthy ways to heal.

Relationship Renaissance – Words Have Power — explore how words and principles shape our relationships.

Same Tools, Different Program — apply Nar-Anon principles while participating in multiple 12-step fellowships.

The Waltz – Steps 1, 2 & 3 — lay a strong spiritual foundation with the first three steps.

The Tango – Steps 4-9 — learn tools for working through fear, resentment, and healing past harms.

Up Close and Personal – The 12 Traditions in Relationships — apply the traditions to strengthen healthy, spiritual connections.

Journaling for Recovery – Step 11 — use journaling as a spiritual tool for recovery and connection with your Higher Power.

May I Have this 12th Step? – Outreach — share hope through attraction, carrying the message to those still suffering.

Marriott Denver
[DTC]

4900 S Syracuse St.
Denver, CO 80207



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

This step is often referred to in Nar-Anon as a “maintenance step” because it is essentially Steps 4 through 9 condensed and performed in (3) different ways; Spot-Check inventories, Daily inventories and Long-Term inventories. (The Nar-Anon 36 describes each of these in more detail).

I know the steps are “in order for a reason.” However, I also know any step beginning with a 1 can be done anywhere, at any time, and by anyone. As part of my practice in recovery, I've found doing a daily inventory is essential for clarity about my world and how I show up in it. My ultimate goal is continued growth through regular self-appraisal and conscious contact with my Higher Power.

Below is a sample set of questions which I have used to do a daily inventory. I can choose any number of questions while keeping in mind that the questions I use may change over time. As I evolve within Nar-Anon, I may find my inventory needs to change in order to reveal important truths and patterns I participate in regularly.

I can freely choose any manner of recording this daily inventory. I answer my chosen questions as succinctly and compactly as possible. I aim for the roots of my day and therefore try to be concise about my experience in each of the areas I am writing about. Once complete, I do a gratitude list and aim for a minimum of 10 things I am grateful for today. And, if I want even more recovery, I can share inventories with another person I trust in the Nar-Anon program.

Sample Questions:

Was I resentful, selfish, dishonest, angry, guilty, or afraid?

I can separate this question into two ideas: 1.) How I felt and 2.) What I did. What I feel relates to the actions I took or how I behaved. Selfishness can lead to dishonesty because I want to control what is out of my control. Dishonesty can lead to feeling guilty which can then lead to resentment with myself and/or the person/place/thing in which I was dishonest.

Did I cause harm and/or do I owe amends?

If I've done harm, I owe amends – including to myself and my Higher Power! With amends, I am not explaining my side or making excuses. I recognize my part in the situation, state that it was harmful and the impact I feel it had, and I apologize. I am not responsible for others' actions or attitudes. I am responsible for my own. In instances where I haven't made amends before, I reach out to other people in Nar-Anon who have, or my sponsor, along with my Higher Power, for guidance.

Have I kept something to myself which should be discussed with another person at once?

This can be a resentment I need guidance on but have perhaps been too embarrassed to share with another person in the program. This could be an amends I know I need to make, but just haven't done yet for one reason or another (usually fear). I can also find myself keeping from others something they need to know, but I am afraid to tell them, as it could upset them. It could also be something I don't want to do but agreed to do anyway.

Did I accomplish what was needed today?

This question is not meant as a means of beating myself up for not accomplishing what I think I should have. It's an opportunity to evaluate what I accomplished in a day. What did I set out to do with my day and did I consult with my Higher Power regarding my to-do list? How do I feel about the outcome?

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 copyright release form)

Step 10: Continued ...

Was I kind and loving toward all?

It can be hard to recognize whether I was kind and loving toward all in a day – especially before I realize this includes myself and my Higher Power. I keep in mind what true kindness is and what it is to be loving--hint: it does not require being in love or in an established relationship, such as a friendship, partnership, or family. This question gets me to the point of loving my fellow humans the way I would like them to be toward me. This can be done through a smile or wave, or being of service. (Not to be confused with doing for others what they can do for themselves/enabling!)

What could I have done better?

As with the above question, there is likely room for improvement in a day. It is fabulous to be able to recognize my shortcomings and commune with my Higher Power about it! This question also helps to keep my daily 10th Step concise. I can answer the above questions without yet addressing what I could've done in those situations/with my actions.

Was I thinking of myself most of the time or was I thinking of what I could do for others; of what I could pack into the stream of life?

Am I walking around sulking because something didn't go my way? Did I take out my frustrations on others instead of accepting reality? Was I jealous of someone else's good fortune and blessings? Was I judgmental and jumped to negative conclusions? While it may be obvious my actions affect others, it's important to recognize that my demeanor affects those around me as well. Now, what could possibly be packed into the "stream of life"? Kindness, love, service, encouraging others, learning, working on spiritual growth, teaching others who ask for guidance/feedback, forgiving others for perceived wrongs, letting go of anger and fear--the list is endless. Thank you for that, Higher Power!

Did I take care of/was I good to myself today?

This is all about self-care. Recovery is self-care. Reading is self-care. Hygiene is self-care. Feeding myself is self-care. Watching that movie, meditating, praying, etc. – these are all self-care. Making room to feel my feelings and acknowledge them is self-care. Wallowing in self-pity is not self-care; it's self-harm.

What have I accepted today, if anything?

I may get hung up on this acceptance thing. It's important I try to remember that acceptance, in this context, is not agreement or condoning, it is reality I am trying to accept. It is purely an acceptance of the truth. For example: I may have received a ticket when I felt I stopped completely at the stop sign. Instead of being bitter and selfishly letting my bad attitude affect others through complaining, gossip, etc., I can accept that I received a ticket, and if I want to argue it, I can go to traffic court. Or, I can accept the ticket and decide it's a waste of time going to court, pay it and move on. I can still disagree while accepting reality.

Did I reach out to someone today or did I isolate myself?

I tend to isolate when the going gets tough or when I'm feeling inadequate. The truth is, the isolation only makes the pain/unease/discontentment stronger and louder. Reaching out, even if it's to be of service and not necessarily bare it all, gets me out of myself and helps me have a clearer view and perspective. Reaching out to someone is a powerful tool in Nar-Anon as it becomes a two-way street of healing.

Did I take the time to connect with my Higher Power through prayer/meditation today?

At first, I looked at the word "prayer" and had a negative feeling; same with "meditation." If I break down what those words mean, it's more about spiritual communion with a Power greater than myself. I reap the benefits of the care and guidance my Higher Power has for me. I am able to get to the root of myself, and see more clearly the peace and serenity available to me from my Higher Power and this most special connection.

On a Personal Note: I began this practice with my sponsor early in recovery and have since found it to be a powerful step and practice from which I've gained the peace, serenity and courage for which I'd been asking. By seeing each day through my Higher Power's eyes, my recovery, spiritual health, and relationship with a Higher Power continues to grow in so many ways. For example, a person I exchange my Step 10 with is in a different time zone, so I get to read their inventory first thing in the morning. This allows me to commune with my Higher Power and be in a recovery mindset for the rest of my day. This seemingly small practice and how Higher Power has laid it before me, manifests in tremendous spiritual gain for which I am forever grateful.

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

When I step into the rooms of Nar-Anon, I know that our common welfare comes first (Tradition 1). I know that we are there to focus on our primary purpose – to help families of addicts (Tradition 5). A Nar-Anon meeting is a container free from the opinions, problems, and divisions of the world around us. We ask members to refrain from mentioning careers, institutions, therapies, religions, or other Twelve Step Programs. We leave outside issues at the door.

Similarly, Nar-Anon as an organization takes no stance on outside issues. This means Nar-Anon does not provide support - monetary or otherwise - to any other organization, cause, or initiative (Tradition 6), even if the aim is closely aligned with our primary purpose. Nar-Anon also does not accept contributions from outside organizations (Tradition 7).

None of this is to say that our Traditions suggest we as individuals shouldn't have opinions, participate in causes, or affiliate with outside organizations. Part of being autonomous is having the freedom to pursue our personal beliefs and interests. However, when we are engaged in the work of Nar-Anon – whether sharing in a meeting, doing service on a committee, or doing outreach - prioritizing the unity of Nar-Anon means setting aside our opinions on or affiliations with outside issues.

Why? For several reasons. Going back to Tradition 5, our sole purpose is to help families of addicts. How can we best do that? By welcoming those who need our help into our fellowship. Many family members come to us uncertain, desperate, and afraid. Some arrive looking for any excuse not to stick around, seeing the differences, not the similarities. Recovery can be challenging, after all. Someone hearing in their first meeting that a member voted for a politician they vehemently disagree with, or practices a religion they find objectionable, could make the difference in whether someone comes back.

These are the sorts of divisions that can breed resentments that only harm our common welfare. We want people to know that we are for everyone. We practice principles above personalities (Tradition 12).

The second part of Tradition 10 is carefully worded: “hence our name ought never be drawn into public controversy.” This can be understood as an acknowledgement that it isn't just a matter of Nar-Anon intentionally wading into a heated issue that could cause public controversy; our fellowship could just as easily be unintentionally drawn into something messy.

Even the most seemingly harmless opinion or affiliation, publicly stated, has the potential to escalate into public controversy. Tradition 10 keeps us focused and united on the inside issue at hand – welcoming and giving support to families of addicts.

If you'd like to learn more about our Traditions, you might want to check out:

- 1.) [Traditions and Concepts Study](#) Wednesdays at 8pm MT in a breakout room from the RMR Virtual Meeting Room after It Starts With Us
- 2.) [Growing in Service](#), Tuesdays at 4pm MT in the RMR Clubhouse

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!

**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 copyright release form)

**To make a monetary contribution to
the Rocky Mountain Region
[click this link](#)**

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 is important for each member to understand and apply in theory when serving our fellowship. If each member practices the spiritual principles of the program in service, it is unlikely that any member will develop a grievance and need to make use of a grievance process. Concept 10 seems to speak to the needs of the individual member. While the needs of the individual member is part of this concept and important, this concept underscores the need for each member to practice the spiritual principles of inclusion, anonymity, unity, and equality when serving our Fellowship.

I love the statement, “you are a member of Nar-Anon, if you say you are a member.” Prior to becoming a member of Nar-Anon I felt alone and isolated. Being and feeling that I was an equal part of our Fellowship was a big step towards realizing that I was no longer alone. I was immediately included by other members by being asked to read and share during meetings. I was immediately asked for my email address, included in group conscience meetings, and asked for my perspective on discussion topics. Soon I was asked to serve at the group and region level. In service, I did not always feel as though I was being heard, but with the help of my sponsor and program friends I learned that I was being taught about the importance of inclusion. I learned that when given the opportunity I must welcome and encourage all members to participate in our decision-making processes.

When serving my fellowship, I must serve with anonymity. This means that I must put aside my personal views, needs and wants and listen to others with an open mind. I must openly consider the thoughts and ideas of each member in the context of what is best for the fellowship. When I practice anonymity, I allow my Higher Power to guide me in service. Being of service is not about what is best for me, but what is best for the Fellowship. Allowing for my Higher Power’s guidance ensures that I include the views of all members in forming my own conscience towards what is best for the group and the fellowship.

The idiom, “the whole is greater than the sum of its parts” rings true throughout our Fellowship. From family group meetings to our World Service Conference the inclusion and participation of every member strengthens and unites us. Two members can achieve more than one alone. Three members together can achieve more than two. This is only true when each member is included and given the opportunity to fully participate in service. Together we can.

In Nar-Anon we learn that the most important position in our fellowship is that of member. Each member of Nar-Anon is equal to every other member, being no less or more important. A member who serves on the World Service Board is no more or less important than the member who is attending their first meeting. Each of us plays a critical role in achieving our primary purpose of welcoming and giving comfort to families of addicts. I must be careful not to look at more senior members as though they know everything just as I must not look at a newcomer as though they have nothing to offer. Each of us has unique experiences and helpful thoughts to offer.

When each of us practices our program while being of service, it is unlikely that Concept 10 will need to be used. If we do consider asking for redress of a personal grievance, we should approach it as we would any other problem that we have. That is, by practicing the program. We should put it through the Steps, speak with our sponsor (and/or others) about it and pray. Doing this will provide the clarity needed to decide if asking for the redress of a grievance is the right thing to do. If it is the right thing to do, then it is the responsibility of the member to do it for the health and future of our Fellowship.

**HIGHER POWER - Help me to
remember,**

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

The Circle of Sponsorship
Saturday Dec 6, 2025 10AM MT

SAVE
THE
DATE

Looking for a sponsor?
Looking for a sponsee?

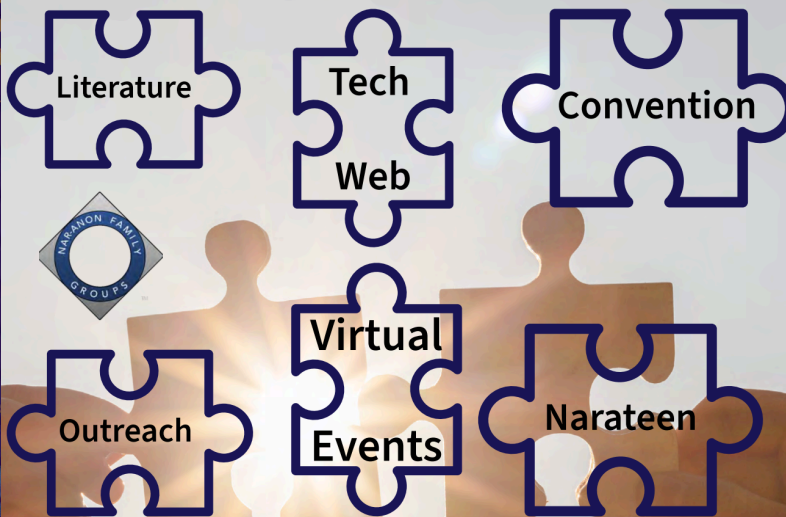


Hosted by the Rocky Mountain Region NFG

click here to join! - find your time zone here!

The Three C's of Committees

Communication - Collaboration - Community



A roundtable on strengthening committees to support the fellowship

Hosted by Western Regions Nar-Anon Family Groups

October 25th at 8:00am PT

Ends at 11:00 am PT - Zoom ID 873 3966 3937 - Password: wrcnfg

2025 ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUPS
CONVENTION

BIZARE BAZAAR

Seeking Art Contributions

CHANCES TO TAKE HOME
MEMBER MADE ART AT
CONVENTION

BRING CONTRIBUTIONS TO
CONVENTION OR MAIL TO:

ROCKY MOUNTAIN REGION NFG
2443 S UNIVERSITY BLVD #260
DENVER, CO 80210



BAZAAR ITEMS WILL BE
AVAILABLE ON A "PAY WHAT
YOU WISH" BASIS AT
CONVENTION.

HELP OUR CONVENTION BE
FULLY SELF SUPPORTING!



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)

