



Rocky Mountain Recovery

December 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



In this month’s issue, we highlight the power of gratitude. When we take time to notice small moments of comfort or kindness, stress softens and we feel a little more at ease. In Nar-Anon, we learn to practice gratitude day by day—writing it down, pausing to appreciate what’s good, or sharing it with others. Over time, this practice gently shifts how we think and feel, helping us stay calmer, more hopeful, and better able to handle challenges.

*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	Service Opportunities	Convention Recap

Are there any Nar-Anon related announcements?

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 **Tech Committee** is looking for members to help with speaker recordings. No tech experience is required—just a bit of time and a willingness to serve.
Email technology@naranonrm.org

The 2027 **Convention Committee** is looking for members!
Join us in the Clubhouse each Thursday at 5pm MT. Email convention@naranonrm.org for more info

Heard in an RMR Meeting Room

The 12 steps are the solution, God is the answer to the solution.

I'm the common denominator in all my resentments.

Using self-will = hard
God-Reliant = effortless

Other people do not belong in my thoughts; they belong in my prayers.

Do you know the difference between you and God? God never thinks He is you.

When you let go of demanding perfection from someone, you can love them as you find them.

The first step to solving a problem is to admit there is one.

Just because you get help doesn't mean you're weak; it just means you're no longer alone.

I need to stop running away and run to.

I'm learning to rust my GUT
Gods Undeniable Truths

I have the family disease of addiction: The urge to fix, manage and control people, places and things to the degree that *my life* becomes unmanageable.

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



Sharing Experience Strength and Hope

How has practicing gratitude strengthened your recovery?

GRATEFUL

I have a gratitude list buddy, and we exchange our gratitude lists every night. Practicing gratitude has strengthened my recovery in so many ways. It helps me to keep life in perspective and to avoid getting stuck in the negative, or ways I find life lacking.

Pausing and experiencing the feeling of gratitude can turn my day around. I start to see patterns over time, which helps me understand what's important to me. It's often a moment where I get to reflect on some area of growth in my recovery that I'm grateful for. The accountability of a joint practice keeps me doing it, and I love seeing the things my Narabuddy is grateful for as well. It's a beautiful glimpse into the big and small things happening in each other's lives.

Our shared gratitude practice has appeared on my gratitude list a number of times!



It lifts my perspective to see that there is always something to be grateful for no matter how challenging the circumstances are. It strengthens my hope and helps me see my Higher Power is at work every day in my life.

G God, gratitude, gyms, girlfriends, grape vineyards, gifts, green, giraffes, grace, granite, grass, guides, gold

R Recovery, red, radar, rain, roads, rest, relaxation, rivers, roses, reason, rock & roll, recreation, rainbows, racket sports, realness, relationships

A Anonymity, amends, apps, audio, air we breathe, authors, artichokes, affection, athletics, art, attention, airplanes, abilities, apples, awareness, actions, acceptance

T Teachers, trust, toilet paper, trying, tea, truth, trees, thread, technology, turquoise, travel, turtles, tulips, touch, tiaras, trains

E Earth, eggs, elephants, elevators, excitement, evenings, eastern skies in the morning, Europe, energy, ears, earrings, embraces, electricity, entertainment, empathy, eyes

F Family, fun, food, friends, faith, fountains, fireworks, forests, frisbees, fish, floating, freedom, fruit, fairs, flavors, flowers, flamingos, fire, fields, favors, festivals

U Understanding, United States, umbrellas, underwear, ultrasounds, umber, unions, unicorns, uniqueness, uncles

L Love, laughter, learning, lessons, life, luck, lakes, listening, lions, literature, lemons, lullabies, lips, lipstick, light, lotus

Practicing gratitude helps me focus on the positives of life rather than the negatives. Instead of being sad, angry and upset I can turn my mood and thoughts to the areas of my life which I am blessed.



We want to hear from you!

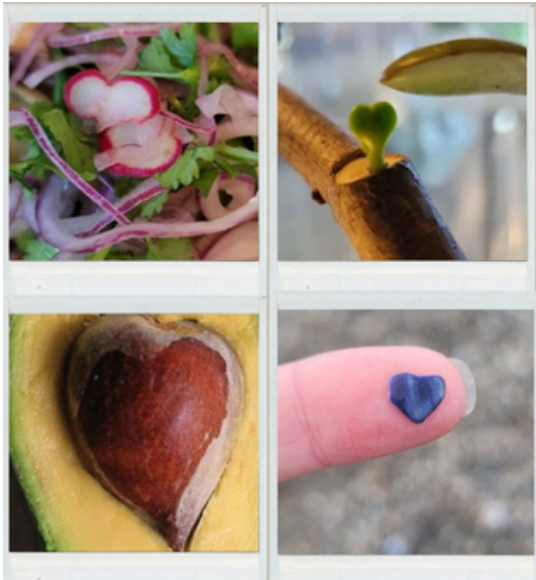
Next Month's Question:

What impact has service had on your recovery?

Click the image to the left to submit your answer!



Practicing gratitude continued.....



When I notice hearts in nature, I pause in gratitude—thanking the Creator for the beauty, love, and gentle reminders tucked into everyday life.

Took my focus off the ugly world of addiction and allowed me to see and appreciate what is beautiful.

When I practice gratitude, it pulls me out of the pit of self-pity. Being aware of all the good things in my life changes my perspective from negativity to joy. I can choose to be grateful no matter what my circumstances seem like. When I practice gratitude, I'm thanking my Higher Power for all He's already done and trust that He will continue to help me. This gives me hope. Hope keeps me moving forward into recovery.

Helped me to have a better connection with the God of my understanding, by this I mean I am a warrior of Gods Will and not a failure of a mom

It has helped me to enjoy life more fully and be thankful for my life and everything in it.

Elevated my spiritual awareness, which resulted in many conscious contacts with the God of my understanding

It was harder to see how blessed I truly was before because giving my will over to my HP and finding at least one thing to be grateful for daily to maintain consistency strengthened my recovery. Before NarAnon, I would find myself stressing about issues outside of my control, chasing my ALO in the rain with my umbrella during the storms they were creating in their own life. Releasing that mistaken sense of responsibility and having an attitude of gratitude has allowed me to remember to keep the focus on myself and my spiritual journey of recovery and that has changed not only my perspective, but my also has changed my life and the healthy boundaries that I set for myself.

I have a purpose to live a healthier life, and that's why I am able to quit smoking cigarettes after 52 years.

I have so much more love towards my addicted loved one, instead of seeing her as the freak show I thought she was.



We want to hear from you!

Next Month's Question:

What impact has service had on your recovery?

Click the image to the left to submit your answer!

The 9th Annual Rocky Mountain Region Convention 2025

Unmasking Recovery: Slowly New Persons Emerge

On November 14-16, 2025, the Rocky Mountain Region held its 9th annual convention in Denver, Colorado. The theme was Unmasking Recovery: Slowly, New Persons Emerge. Over 100 members came together over the weekend to celebrate the recovery possible through the tools of the Nar-Anon program, and the new person that continues to emerge.

The convention unmasked many opportunities for fellowship and fun. Some of the highlights include:

- Carry the Message was broadcast from the Convention on Saturday morning, featuring Megan J. from Nar-Anon Family Groups and Dennis from Narcotics Anonymous. NA held their own convention in the same hotel, which offered opportunities for members to mingle. The recording is available by emailing carrythemessagenfg@gmail.com
- The Bizarre Bazaar offered many creative items, including knitted and crocheted goods made during Nar-Anon meetings, artwork, bedazzled journals, jewelry, greeting cards, and more. The Bizarre Bazaar raised over \$1,000 for our convention.
- Members enjoyed the Saturday evening banquet. Debbie F. contributed gorgeous hand-decorated masks for every banquet participant.
- Mike P. was the Saturday night speaker and on Sunday morning Donna J-S shared her story as the Spiritual Speaker. Both speakers shared remarkable stories of experience, strength, and hope.
- Between the Slogan Shuffle, The Waltz (Steps 1-3) and The Tango (Steps 4-9) sessions, our recovery dance cards were full.
- The Candlelight meetings each evening offered a calm respite (and for some of us, a struggle to stay awake in the candlelit conference room.)
- Nar-Anon literature sold like hotcakes in the lobby of the hotel. The Nar-Anon 36 and the new Step 4 workbook were both big hits!
- Sunday morning members participated in a Spiritual Walk.
- 2025 Convention Committee Chair, Rhi B. passed the torch to Marian M., who will serve as Convention Committee Chair (and Portia O. as Co-Chair) for the 10th annual Rocky Mountain Region Convention in 2026.

Convention is an opportunity to bring the “magic of the squares” to life! Learn how short or tall your Nara-buddy is, share a hug or twenty, and have real “Parking Lot” moments (or hotel lobby moments!) You don’t have to wait until next November to participate – **join the Convention Committee**, or **make plans to attend another in person gathering such as the Nar-Anon Recovery Cruise II or East Coast Convention in June 2026.**

I was lucky enough to attend the 2025 Rocky Mountain region Nar-Anon Convention. The two words I used to describe my experience all weekend were ‘gratitude’ and ‘joy.’

I was so grateful that God made it possible for me to get there. Travel concerns had me worried, but of course all I needed to do was trust in God and have faith.

From the moment I arrived at the hotel and started to see my Nara-buddies, I was overwhelmed. What an amazing experience to get to meet and hug the people I've been loving in the room for almost three years.

I enjoyed every single workshop. I cried a lot because the whole experience made me very emotional. Getting to work with and learn from other people in the program, hearing them share their experience, strength, and hope, was so powerful.

The Bizarre Bazaar was fantastic. I couldn't believe the amount and variety of beautiful treasures that our Fellowship had created and donated so that we could be self-supporting. I was happy that I could make a contribution, but more happy that I found so many beautiful things for myself and to give as gifts.

I had requested a Convention buddy, because it was my first time attending and I was a little apprehensive. What a gift she was to me. She was there whenever I needed her and got me to do things I would not have done without her support. I think it made us closer than ever and that bond is also a gift.

Being able to do service at the convention made me feel wonderful. I didn't do much at all, but I was able to help out in small ways and it made me feel even more a part of this beautiful group of people.

I have been in the Program for almost 3 years, but this is the first convention I have attended. Everyone kept telling me that it takes your recovery to the next level, that it is a life-changing experience, that you will have the best time. Boy, were they right! I have already decided to join the committee for the 2026 Convention. Being on the committee for 2025 got me so excited about the whole event. Being there from the beginning, getting to contribute my ideas, and seeing it all come together made it all the more special to me.

Getting to experience it and getting to meet my Nar-Anon family is something that will carry me through to next November. I can't wait!

Journaling doodles and prayers

God bless them & change me.
I've spent 68 years blaming others
& all I had to do was change
myself. Thank you for guiding my
life in this direction - for a new
perspective on life & recovery.

God - Help me - I release my
will to you - my thoughts, my
to do list, my sleep, my husband,
my sister, my children & friends.



Diversions - Trading
- Facebook
- Isolation/non-participation
- Money
- morbid reflection
- JOBS

- help me put pen to paper
 - on areas to let you into my life
 - bring me clarity about my part in being happy, joyous & free in relation to others.
 - help me become of how I can be of service to my kids and addicts in my life ^{without expectations} _{self}
- progress not perfection journal
- make progress each day... ~~then~~
 - courage to return to it
 - Keep going... let go of feeling comfortable
- Expand Practice

Step 7

I read recently that patience is earned thru tribulation. It is not granted, even by God. So I am constantly "seeking patient improvement" by pausing, breathing, & thinking. I know that my first thought is wrong, so I have to be still and wait for my HP to show me the way. When I can do this (and it's progress, not perfection), I can take ^{ownership} of my behavior.

I thought I was on step 4 but as another member shared I thought I've done 1-3 in my closet. Sharing each detail discovered in working the steps gives me a better understanding of the traditions and concepts. Until Step one my life was unmanageable. I will be humble to try and understand a higher power I've referred to as God. Surrender becomes my action to Recovery.

Step 12: Having had a spiritual awakening as a result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

A spiritual awakening is defined as “a profound transformation in an individual’s consciousness, leading to an expanded sense of self and a deeper awareness of the world.” Though I am not yet on Step 12, I have experienced such transformation in the working of these steps with a sponsor. It has now occurred to me that I have experienced such transformation through attending meetings and sharing experience, strength, and hope with others.

When discussing Step 12 in meetings, it is often said we “keep what we have by giving it away.” It probably sounds odd to a newcomer as so many things do (i.e. “more will be revealed”, “to watch is not to love”, and “my recovery” rather than “their recovery”). Three recent events caused me to really understand how attendance at meetings, sharing, and working these steps with a sponsor help me to keep what I have by giving it away.

The first was my attendance at my place of worship. In keeping things healthy, I won’t discuss denomination but the leader said, in so many words, that it’s great we attend religious services for ourselves but we are called to attend for others even more. I never bought into the promotion of religion – I am much more comfortable with attraction than promotion, as we say in Tradition 11. This time, what the leader said made sense to me since I had been attending Nar-Anon. He was talking about keeping what we have by giving it away. By attending religious services, we participate in fellowship and lead by example. We are doing one part to walk the walk – practice the principle. What would the place of worship be without the faithful? What would our meetings be without attendees to come to the meeting and share their experience, strength, and hope?

When I first came to Nar-Anon three years ago, I found that people continuously blessed me through their shares. Being someone who has shared, I know the value of sharing my stories, feelings, and experiences. I also know the value in sharing “the mess” which is particularly good for newcomers, though I just like to get it off my chest with people who understand. We have to remember the mess, so we don’t return to it, but we also need others to know they are not alone.

This brings me to my second event. At my first Nar-Anon Convention in 2023, one of my favorite people from the meetings was in attendance. I took a moment to tell her how I loved her every share. She just nodded and thanked me. The next year, she hugged me because I guess we knew each other even better by then. But this year, my third year in attendance of the convention, someone said those words to me. How they loved my every share.

I did not fully understand until that moment what my sharing, topic leads, even reading can mean to others. I took for granted that others can bless me but me blessing others? It helped me to know that I need to do more service than I am currently doing. I need to reach as many people as I can with the message that we can recover from the absolute darkness that addiction brings into our lives. Through sharing, I not only bless myself by getting the thoughts and feelings out to an understanding audience, but I am blessing others! It is perfect. It is spiritual awakening.

The third event is that I recently became a sponsor. I am now sharing my recovery with someone who is new to the program. In this, I am going through the Steps again myself and reviewing my previous thoughts and seeing my progress. I feel badly for newcomer me when I look back and want to give her a hug. Though I wasn’t sure I would ever sponsor, I can see how this is an essential piece of the program. Where would we be if there was no one willing to do this? I cannot keep what I have without sharing my recovery with others. It is impossible without the fellowship of others in this program. In giving it away, we continue to grow our own spiritual awareness as we help others with theirs.

I don’t believe I can ever be grateful for my addict’s addiction but I am so grateful to have found the Rocky Mountain Region and how it has changed my life. My life has improved in all aspects, not just with my addicted loved one. I am encouraged to do more service, attend events, walk the walk, practice the principles in all my affairs so that others can come to Nar-Anon by attraction rather than promotion.

I look forward to finally getting to Step 12 and reaching an even higher spiritual awareness and to be profoundly transformed. As of right now, I am working the steps in order and refuse to rush the process. Though I am not on Step 12, I will continue to carry the message and give away my experience, strength, hope so as to give strength and hope to others.

Do you have experience, strength and hope to share on Step 1, Tradition 1 or Concept 1?

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

Tradition 12: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles above personalities.

Tradition Twelve may seem complex, but its message is simple: Nar-Anon is a place where every person—brand-new or long-time member—walks through the door with equal worth, equal dignity, and an equal right to recover.

In our daily lives, we often get labeled and judged. We're measured by what we do, what we've achieved, how we parent, or how well we "hold it together." Nar-Anon, Tradition 12 strips all of that away. Anonymity means we leave titles, status, roles, and comparisons at the door. No one is more important. No one is less. We are simply people trying to heal.

Anonymity also helps protect us from ego. It's easy to slip into "I know best" or "I'm farther along," especially when we start feeling stronger in our recovery. But Tradition 12 reminds us that recovery isn't a competition or a ladder. There's no top. There's no bottom. We're all learning—sometimes stumbling, sometimes growing—and we do it side by side.

This Tradition also lays the groundwork for service. Because if no one is "above" anyone else, then everyone has the right to participate. Service isn't reserved for the most experienced, the most educated, or the most confident. The newcomer with shaky hands has the same right to read, share, greet, or serve as the member with decades in the program.

Anonymity creates a safe and balanced environment where service becomes an act of humility—not authority—and where offering help never makes someone "more important" than the person receiving it.

In a way, anonymity protects the spirit of the fellowship. It keeps gossip, judgment, comparison, and hierarchy from taking over.

It reminds us that what we share stays in the room. It protects our privacy, our families, and our hearts. Most importantly, it protects the atmosphere of safety where honesty can actually happen.

Tradition 12 encourages us to place principles—like compassion, respect, humility, and kindness—above personalities. Personalities can clash. Principles unite. When we practice this Tradition, we create a space where each voice matters, each story is honored, and each member belongs.

At the end of the day, anonymity isn't about hiding who we are. It's about honoring who we are—equal members on a journey of recovery, each deserving of hope, healing, and a place in this fellowship. No one higher. No one lower. Just us—together.

When we talk about placing principles above personalities, we're really talking about choosing the values of the program over the moods, opinions, and quirks of individual people—including our own. Personalities can be loud, quiet, stubborn, charming, intimidating, or emotional. They can clash or click. Alternately, principles—like honesty, humility, patience, and goodwill—give us common ground.

Tradition 12 invites us to respond to one another based on those principles rather than reacting to how we feel about someone personally. It means we listen even if we don't agree, we serve even if we're not friends, and we respect each other even when our styles are different. By doing this, we keep the focus where it belongs: on recovery, unity, and the shared purpose that brought us here. When principles lead the way, personalities lose their power to divide—and the fellowship grows stronger for all of us.



Concept 12: In keeping with the spiritual nature of Nar-Anon, our structure should always be one of service, never of governance.

Concept Twelve reminds me that the heart of Nar-Anon is spiritual, not organizational. It brings together everything I've learned through working the Steps, understanding the Traditions, and studying the Concepts of Service. When I practice these principles, I begin to experience true *service without governance* — a way of serving that's guided by humility, love, and my Higher Power rather than control or authority.

For me, this Concept means letting go of ego and remembering why I serve — not for recognition, but to give back what was freely given to me. Anonymity plays an important role here. It reminds me that the spirit of service has no face or name. The principles of our program come before personalities. When I stay focused on the message (I am trying to relay or that is being conveyed to me) instead of the messenger, I can better serve without judgment or pride. This is not easy. In service, I've learned that the spiritual principle of humility means remembering that my ideas are just one part of a larger picture. When I keep the “good of the whole” in mind, I'm better able to act responsibly and with love—keeping “principles above personalities.”

In Nar-Anon, we are all equals. There are no ranks, titles, or ladders to climb — only members willing to help others. I've come to see that service is its own reward. It's how I express gratitude for the peace and hope I've found.

While we have no governing body, we do have trusted servants — members who step forward to lead with humility and willingness. I try to support them with trust and goodwill, remembering that leadership in Nar-Anon is about responsibility, not authority.

At the same time, I know I share equally in the responsibility to participate, to show up, and to serve where I can.

Concept Twelve helps me practice selfless service — giving without expecting anything in return. When I act from love instead of fear, and service instead of control, I feel closer to my Higher Power and more connected to this fellowship. Service becomes not a duty, but a spiritual path that continues to help me grow.

Sharing Recovery (blue) **The twelve concepts of service - one of Nar-Anons best kept secrets, p. 23**

Spiritual Principles of Concept Twelve

Spirituality – Service is grounded in Higher Power guidance, not ego or control.

Anonymity – No one is elevated above another.

Humility – Trusted servants act with modesty, remembering the common welfare of the group comes first.

Equality – Every member has a voice and is valued equally; no special authority.

Responsibility – Those in service act with care, transparency, and accountability.

Fairness – Decisions are made ethically and with the fellowship's welfare in mind.

Integrity – Conduct in service adheres to principles, not personalities or personal agendas.

Trust – Groups trust their service bodies, and service bodies trust the groups. Above all there is trust in a loving Higher Power who is brought into the decision making process.

Gratitude – Service is an opportunity to give back what was freely given.



Join
US

The Circle of Sponsorship

Saturday Dec 6, 2025 10AM MT
(9am PST | 11am CST | 12pm EST)

10am MT welcome

In recovery, sponsorship isn't a straight line, it's a living circle we travel together. Each of us moves through it in our own way, at our own pace, looking, getting, utilizing, and being.

10:25 Looking for a sponsor | sponsee

11:05 Getting a sponsor | sponsee

11:45 Utilizing a sponsor | sponsorship

12:15 Being a sponsor | sponsee

Come listen to speakers and join the panel discussion

RMR Virtual Meeting Room

Click here to enter

www.naranonrm.org

Email: SponsorshipCommittee@naranonrm.org

Hosted by the Rocky Mountain Region NFG

CLICK HERE TO JOIN



BEGINS
12/31/2025
8pm ET

2026 - 6th ANNUAL NEW YEAR. NEW YOU

BRING IN THE NEW YEAR BY ATTENDING 24 NAR-ANON MEETINGS

ENDS
01/01/2026
8pm ET

Translation &
Closed
Captioning
Are Available

TIME	GROUP REGION	LANGUAGE	TOPIC
08pm-09pm EST	Feel the Freedom New England Region	English	H.O.W.
09pm-10pm EST	It Starts With Us (ISWU) Rocky Mountain Region	English	Service
10pm-11pm EST	You're Not Alone New York Region	English	Step 10
11pm-12am EST	North-West Valley (Northridge) Southern CA Region	English	Fellowship
12am-1am EST	Newcomers with Never Alone, Never Again Global Online	English	Outreach (newcomers)
01am-02am EST	Auckland NFG Global Online Region Global Online Region	English	Slogans
2am-3am EST	Group 36 (Moscow) Russia Region	Russian	Friendship Nar-Anon Style
3am-4am EST	Serebristy bereg Russia Region	Russian	LOVE
4am-5am EST	Nadezhda (Hope) (Volgograd) Russian Region	Russian	Step 12
5am-6am EST	The Serenity Group (OMAN)	Arabic	Forgiveness
6am-7am EST	luz y vida (Light and Life) Ecuador Region	Spanish	Faith
7am-8am EST	Nar-anon Huzur Grubu (Nar-Anon Serenity Group) Turkey	Turkish	Serenty
8am-9am EST	Hope 4 Today UK Region	English	Acceptance
9am-10am EST	Helping Hands and Heart NFG Ontario Region	English	Step 1
10am-11am EST	Let's Get Honest & The Power Within New England Region	English	CAL
11am-12pm EST	Wednesday Men Sharing Hope Global Online Region	English	Higher Power
12pm-1pm EST	Let It Begin With Us Netherlands Region	Dutch	Courage to Change
1pm-2pm EST	We Begin Here (WBH) Rocky Mountain Region	English	Helping Versus Enabling
2pm-3pm EST	Grupo Ayuda Familiar de Downey, Ca So California Region	Spanish	Gratitude
3pm-4pm EST	Aceptacion Pico Rivera	Spanish	Step 3
4pm-5pm EST	Precious Present Carolinas Region	English	Powerlessness
5pm-6pm EST	Winners Too! Central Region	English	
6pm-7pm EST	Been There Done That Rocky Mountain Region	English	Tools of the Program
7pm-8pm EST	Tuesday Together Midwest	English	Keep Coming Back!

Hosted By
Rocky Mountain Region Nar-Anon Family Groups
NEWYEARNEWYOU@NARANONRM.ORG

WWW.NARANONRM.ORG

HOUSE

PARTY



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)

