



Rocky Mountain Recovery

January 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



This month we’re highlighting service — a vital part of Nar-Anon recovery.

Service connects us, strengthens our unity, and helps us carry the message to those who still suffer. Even simple acts of willingness deepen our recovery and remind us that we heal 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	Service Opportunities	RMR Committees

Are there any Nar-Anon related announcements?

Carry the Message with a Nar-Anon and Narcotics Anonymous speakers, Jan 31, 2026 10:30 AM MT in the Virtual Meeting Room

Convention Logo Contest Submit your design by Feb 15th. See flier on page 15

Home Groups: the Lifeblood of the Nar-Anon fellowship Workshop series Starting Tuesday Feb 3rd 4 PM MT. See flier on page 15



SERVICE OPPORTUNITIES

Service allows me to “carry the message”, think of others, be selfless and truly be a part of something bigger than myself. I am blessed to be of service.

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

I used to be a thermometer and would react to the state of whatever was going on around me. Now I am a thermostat and I can set my own temperature.

The only way to be cool is to stop being cool.

When we detach with self love and respect we love and respect ourselves.

Nar-Anon took away the guilt of NOT being in control.

Refusing to engage has done wonders for my mental health.

You have to be powerLESS to allow God to be powerFUL in your life.

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

Jan 18, 2011 Wednesday Noon
15 Years

Jan 28, 2011 Friday Night Wheat Ridge
15 Years

Jan 28, 2013 Highlands Ranch
Hopefuls
13 years



Rocky Mountain Region NFG Meetings

(times are all MT)

Sunday	11am Partners in Nar-Anon Virtual Clubhouse	6pm Happy, Joyous & Free 2122 S Lafayette St Denver, CO		7pm It Starts With Us Main Meeting Room	
Monday	11am Monday Miracles Virtual NFG Main Meeting Room	7pm Been There, Done That Zoom ID: 361 212 1212 Passcode: BTDT!	7pm Monday Grace Boulder 1001 13th St, Boulder, CO	7pm It Starts With Us Main Meeting Room	7pm Highland Ranch Hopefuls (Hybrid) Virtual Clubhouse & 9203 S University Blvd, Highlands Ranch, CO
Tuesday	11am SESH Colorado Main Meeting Room			7pm It Starts With Us Main Meeting Room	
Wednesday	6am Sunny Side Up Main Meeting Room	11am Moms Offer Moms Serenity Main Meeting Room	12pm Wednesday Noon Denver Hybrid Clubhouse & Highlands Church 1700 So. Grant St.	7pm It Starts With Us Main Meeting Room	
Thursday	11am We Begin Here Main Meeting Room			7pm It Starts With Us Step Study Main Meeting Room	
Friday	11am Freedom on Fridays Main Meeting Room	7pm Friday Night Wheat Ridge 8235 W 44th Ave, Wheat Ridge, CO		7pm It Starts With Us Main Meeting Room	
Saturday	10am Boulder Basics Hybrid Zoom ID: 839 1264 9298 Passcode: 971962 & 1370 Forest Park Circle, Lafayette, CO	7pm Saturday Serenity Hybrid 1801 Sunset Pl, Ste B, Longmont, CO & Zoom ID: 856 0158 6741 Passcode: 0902133		7pm It Starts With Us Speaker Meeting Main Meeting Room	



What impact has service had on your recovery?

Sharing Experience Strength and Hope

Why Service Helps My Program: Service keeps me steady when my life gets shaky. I've heard it said that service is one of the three legs of the recovery stool—Recovery (Steps), Fellowship (Traditions) and Service (Concepts).

For me, a balanced stool is key to my program. When I show up for others, I stay connected instead of isolated, I get out of my own head, and my recovery deepens. Service builds community, strengthens my spiritual growth, and helps me live the 12th Step by carrying the message. It reminds me that this is a "we" program, the more I give, the more I receive.



Service keeps me coming back. Service connects me to others. Service makes me face my fears of being seen, being known, and being interdependent. Service enables me to give back what was so freely given to me. Service provides me an opportunity to practice the principles of our program. Service allows me to stretch my brain and heart. Service places me in the middle of the boat, grounded in recovery.



I first got started in service by sharing to heal. I would try to make it a point to share each week at my home group whether I really felt like it or not. Sharing is what makes meetings and I let it begin with me always with the newcomer in mind. I like to be involved in things I care about, so as I began to feel better, I volunteered to chair meetings, especially when no one was signed up for that day. My sponsor was also very encouraging by asking me to do service. I took over a small step study on steps 1-3. I also started turning on my camera at least while I was sharing because I could relate, connect with, and remember people's faces when I saw them on camera. These are all just simple ways that I can share my vulnerability and hope that someone who is suffering will get some healing or comfort from it. This is how the program works.

I started out in service by turning on my camera, finding a home group, attending 90 meetings in 90 days, going to group conscience, doing topic leads in my home group, finding a sponsor, and joining three committees.

I also started regularly attending the Regional Service Committee meetings, and attending and participating in the Wednesday night Traditions and Concepts discussions. Because of this, I have probably 100 Narabuddies, and a circle of 12 or more, with whom I'm in fairly regular contact.

I've also helped out with RMR house parties, and have been listening to recordings from the Western Regions Committee. Service in the Rocky Mountain Region has been pretty amazing! I have a good handful of mentors, I have three sponsees, and I feel connected and a part of something larger than me.



In the 101 days I've been a member of naranon, I have attended at least that many meetings. I have more than 20 narabuddies, some I talk to every day. I meeting weekly with a temporary sponsor. I've done the topic lead twice and I also volunteer in meetings, reading literature, sharing my strengths, my experiences and my hope. All of these things are how I serve the fellowship.

And I only want more. More recovery, more connection, more progress. More love, more peace, more grace. This family group is one of my primary support systems in the most radical time of my life to date. The amount of selflessness and support here is unparalleled. Through service I stay connected. I am embraced. I get to give back what is so freely given to me. It starts with us indeed. We are not alone.



We want to hear from you!

Next Month's Question:

How do you use journaling in your recovery?

Also, take a picture of one of your recovery journals and

[send it to us!](#)

Click the image to the left to submit your answer!

My A B C's of Nar-Anon

A. The 3 As: awareness, acceptance and action are always awakening my acting as if attitude about addiction, anger, abuse, abandonment, amends, appreciation so I can be accountable, attracted to, ask for and allow appropriate anonymous assistance.

B. Bad behaviors, blame and beliefs belay us before hitting bottom where better boundaries, balance and buttons are born.

C. The 3 Cs: I didn't cause it, I can't control it, and I can't cure it, but I can certainly complicate it if I continue caretaking and compulsively causing chaos, collecting crazy consequences before courageously choosing to commit to comforting change and celebrating calmness with compassion.

D. Despite doing the doormat dance, disappointment, depression, desperation and the denial of the disease, I decided to deal with my feelings, do the daily diary, dutifully do the one day at a time detachment double step and get out of the darkness, delusion and defects to arrive at a dream destination.

E. Easy does it is an effective and encouraging effort to escape enmeshment, enabling, expectations and ego while exposing emotions and experiencing empowerment and enjoyment of life every day.

F. First things first is freedom to finally find faith, feelings, friends, forgiveness and focusing on myself while forgetting about failures, fears, frustrations and the future.

G. GOD: good orderly direction gently guides with grace, gratitude and growth away from grief and guilt.

H. Higher Power helps me to be honest, humble, have hope, harmony and happiness, be in the here and now while healing my heart, and holding on to see how important it is in healthy habits with humor.

I. I is important as is my inner child, imagination, insight and intuition as I intervene with my isolation, issues, interactions and inventory.

J. Just for today on my journey I will do my job, journal, jump for joy, be just and not judge or be jaded or a jerk.

K. Keep an open mind and keep coming back are the keys to kernels of knowledge and kindness.

L. Let go and let God lets me long for life, love, laughter and live in the moment while listening and learning to let go of loneliness, loss and lies.

M. Minding my own business makes me mindful of my mistakes, many needs and motivation for meetings, members, meditation, the moment and miracles.

N. No longer alone is a new nurturing note of Nar-Anon for newcomers to negate numbness, negativity and neglect thus being in the now.

O. One day at a time is an opportunity to objectively open my mind and heart to others, own my power and overcome obstacles and obsessiveness.

P. A proven program process and path for progress, not perfection, provided by prayer and principles above personalities, to overcome powerlessness, pain, procrastination, past patterns and problems through practice by providing possibilities, perspective, perseverance, patience and peace.

Q. The quality and quintessence of my program leaves me no qualms, quarrels or questions about my qualifications for my quest in it.

R. Recovery is a really reliable responsibility for me to reflect, release and replace rescuing, resentments, reactions and regrets with reality and relationships so I can readily respect myself and relax.

S. Self-care with the steps, slogans, and sponsorship strengthens my spirituality so I can be successful in separating from sadness, sarcasm, shame, secrets, shortcomings, stress and struggles by sharing and service to support my spirit and sanity with serenity, and security.

T. Turning to the twelve steps and traditions takes trust and time, so I can take today and tomorrow to use my talents and together use our tools in thankfulness.

U. Understanding unconditional love in our unity, unlocks and unleashes the ugly, unacceptable, unmentionable, unhappiness and unmanageability we were under.

V. Visualizing values is valuable in vanishing the views of the past and venturing into a new venue victoriously.

W. Willingness is to walk the walk while watching, waiting and wondering why and when it will work without worry because we are worth it.

X. X-ray of the soul with step four is an extraordinary exercise and experience before Xmas.

Y. Yes, you, yearning yet for a yardstick this year.

Z. Zooming with zeal and zest to stay out of my zany zoo zone.

This is the end of my As to Zs, yet when we come to the end of ourselves, we come to the beginning of our Higher Power.



continued...

When I first came to Nar-Anon, I will never forget the people in those meetings who said, "You're not alone," "Keep coming back," and most importantly, "We love you." I had never met these people before, yet hearing someone tell you they love you when you are at your lowest point is an extraordinary gift. To me, that is service. It is a gift freely given, without condition. And once it is given to you, it becomes something you are called to give back.

When I think about service now, I think of an infinite loop. Lately, I have been reflecting on the slogan "give it away to get it." I also think a lot about balance and the reminder that we practice these principles in all our affairs. I am someone who has spent much of my life overextending myself, so I would be dishonest if I did not admit that the idea of sponsoring brings up fear for me. I have heard people share that sponsoring is one of the greatest gifts you can give yourself and that you often learn the most about yourself through your sponsees. That still amazes me.

What I notice most is how quickly fear takes over. I worry that I will not do a good job. I worry that someone will become too attached to me. I worry that it will be overwhelming. As I write this, I can see how wrapped up I am in those fears, and I can feel my Higher Power gently reminding me to let go. To let go of the stories that keep me stuck. To let go of the spinning in my head. The birds in my head do not have to build a nest. I can allow things to unfold naturally and take on service as it comes, without forcing and without fear.

The greatest impact service has had on me is the courage it has given me to take accountability in my own life. I feel more equipped to handle what needs to be done, just for today. Service builds confidence. It helps me trust myself and reminds me that I am honoring deeply meaningful commitments to a program that has given me everything and has truly given me my life back.

I no longer believe service is big or small. Everything matters. Being a secretary matters, turning on your camera matters, showing up matters. As I continue in my recovery, I am excited to see how the gifts of service unfold.

One day, I hope to be a sponsor, because sponsorship creates a ripple effect. Sponsees sponsor others, and their sponsees sponsor others still. From one person, the gift of recovery can reach hundreds or even thousands. That is the power of service. It is collective. It is infinite. And it ensures that Nar-Anon lives on for anyone who needs it.

What impact has service had on your recovery?

Doing service has been a very important part of my recovery. It makes me feel like part of the group, helps me get to know others on a deeper level, and makes me feel good about myself, because I am contributing to the group.

There are so many wonderful ways to do service in Nar-Anon. From the time I came into the meeting, I had my camera on. I felt it was important to let people see me, and know that I was listening when they were sharing. I find it's so much more meaningful when I share and there are actually people there to look at. If no one had their camera on, it would be like talking to a wall!

In the beginning of our meetings, we ask for volunteers to read the 12 steps, 12 traditions, 12 concepts and usually an additional reading from the little Blue Book. It's all shown on the screen, so you just read from your phone or computer, if you don't have the Blue Book to read. If you are new to Nar-Anon and want a copy of the Blue Book, come to the ISWU meeting and look in the chat for the email to request one! I love to read, so that was the another way I was able to do service as a newcomer. Sometimes, someone is leading a topic and asks for volunteers to read from our literature. If you have the book, you can volunteer to read. It means a lot to us when someone steps up!

I never signed up on Sign-up Genius to be a Greeter, but I would always go into the meeting early and loved to say hello to everyone as they joined. It's a fun and easy way to do service!

A Narabuddy saw how much I loved to read, so she suggested I stand for the Announcer position, which I did. I loved it! That was my first opportunity to be part of a team, and it was wonderful. I also often sign up to be Format Reader. There is a script you read, which is located at the top of our Sign-up Genius page. It's very easy, but is a very important part of our meeting each night.

I didn't do a topic lead until my one year Naraversary, but I have seen some brave newcomers step up and lead a topic in our meeting and they were amazing!

I have contributed by being on various committees. It is usually a one-hour-per-week commitment, and it allows you to build relationships with other members on the committee, working together on a common goal.

I started putting my phone number next to my name soon after I joined and I was so happy when people reached out to me. Then, I started to reach out to members of the group, especially newcomers. People text me all the time and I am always happy to hear from them.

Unmuting your mic and simply thanking someone for their share, or their service is doing service! I do that all the time, because I feel it is important to let our members know we appreciate them sharing their experience, strength and hope. Sharing can be a very powerful form of service. There have been so many times members have shared and it was exactly what I needed to hear. I DO believe our Higher Power speaks through all of us.



Rocky Mountain Region – Committee Overview (Condensed)

RSC Subcommittees: In keeping with Concept One, the service structure will develop, coordinate, and maintain services on behalf of all Nar-Anon Family Groups registered with the RMR NFG. The RSC may establish subcommittees with three (3) or more members to carry out the work of the region.



Full descriptions can be found at <https://naranonrmr.org/service-committees/>

Outreach Committee

Acts as a vital link between Nar-Anon and outside entities (recovery centers, hospitals, courts, clergy, professionals) while upholding Traditions.

Members carry the Nar-Anon message to those unaware of the program. Reference materials are in the Guide to Local Services and at www.nar-anon.org.

Meets: Tuesdays, 5:10 pm MT (RMR Clubhouse)

Chair: Niko K • outreach@naranonrm.org

Hope Line Committee

Provides hope and guidance to those affected by someone else's addiction, especially newcomers who have not yet found a meeting. Maintains the regional phone line and volunteer list.

RMR Hope Line: 1-888-307-9890

Meets: 4th Friday, 6:00 pm MT (RMR Clubhouse)

Chair: Maria C • hopechair@naranonrm.org

Literature Development Committee

Develops Conference Approved Literature, hosts writing workshops, and serves the World Service Literature Committee (LitCom@nar-anon.org). Follows approval processes in the Guide to World Services.

Chair: Julie W • literature@naranonrm.org

Day of Sharing Committee

Plans the annual Colorado Unity Event (held in April or May), bringing NFGs together to share experience, strength, and hope.

Chair: Tori • doschair@naranonrm.org

Newsletter Committee

Creates the Rocky Mountain Region's monthly digital newsletter.

Meets: 4th Sunday, 5:00 pm MT / 7:00 pm ET (RMR Clubhouse)

Chair: Megan J • newsletter@naranonrm.org

Technology Committee

Administers the RMR website, document-retention systems, and archive storage platforms in partnership with groups, areas, and the board.

Follows the Nar-Anon Website Handbook (S-318) and ensures technology aligns with RMR policies.

Meets: 1st Friday, 5:00 pm MT (RMR Clubhouse)

Chair: Meg H • technology@naranonrm.org

Digital Content / SEO Committee

Creates and reviews website content to enhance Search Engine Optimization and publish member recovery stories. Collaborates closely with the Technology Committee.

Chair: Debbie • digitalSEO@naranonrm.org

Narateen Committee

Implements screening, certification, and training for Narateen service; follows RMR Safety Guidelines; prepares budgets; and supports NFGs seeking to start Narateen groups. The NTPP serves on the committee but cannot chair.

Chair: Colleen • narateen@naranonrm.org

NTPP: Stephanie K • ntpp@naranonrm.org

Convention Committee

Plans and coordinates the Rocky Mountain Region's annual Convention each November in Colorado, held alongside NA's CRCNA.

Meets: Thursdays, 5:00 pm MT (RMR Clubhouse)

Chair: Marian M • **Co-Chair:** Portia

convention@naranonrm.org

Rotation of Service

Serving Nar-Anon is an essential key to recovering from the family disease of addiction. The principle of rotation of service allows every member the privilege to serve the fellowship no matter where they are in their recovery.

Rotation of Service happens when groups, areas, regions, committees, and the World Service Board regularly select new trusted servants. Trusted servants are typically elected for a single term. Terms are often set by the group conscience. Some groups elect officers such as the treasurer or the literature person for a term of one year. Others may select members to serve a month or multiple months at a time.

The Guide to Local Services suggests a 3-year term for delegates, Area and Regional Officers. The Rocky Mountain Region elects its officers and delegate for a 2-year term with two terms maximum.

Setting term limits is one way to ensure the practice of rotation of service. Holding regular elections and encouraging members to stand for the open positions is another. Making a commitment to only hold one position at a time makes room for others to serve. Stepping down when our term is complete sets an example. As it has been said, "You can't fill a filled position."

When being a trusted servant becomes a normal part of working the program there will always be someone willing to step up to the plate. Service becomes an honor not a chore. Members are willing to serve and overcome their fears. Trusting in each other to keep the Nar-Anon Program alive and growing builds a strong community and ensures together we can fulfill our one purpose.

The importance of rotation of service cannot be overstated. It represents our principles in action and in practice, it is selfless, humble, and unifying. When everyone takes a turn and participates, no one becomes the face of the group, area, region, committee, or Nar-Anon as a whole. Our service is anonymous. With little effort, rotation quashes entrenchment, ego, mistaken sense of responsibility, and our urge to control. It strengthens the fellowship and its members by giving everyone the opportunity to give back what was so freely given to them.

The best thing about the principle of rotation of service is that when we finally know what we are doing, it is time to rotate off. Perfection!

When does my home group elect its trusted servants?

How many service positions have I held?

What service position will I stand for next?

Host a Nar-Anon House Party — Dream Big & Carry the Message

Did you know any member can form a small committee to organize and host a virtual Nar-Anon House Party (workshop)?

If there's a topic that speaks to your recovery heart, we encourage you to dream big, gather a few trusted members, and share it with our fellowship. House Parties are a wonderful way to carry the message, build connection, and bring fresh inspiration to our community.

Curious to know what types of events have been done in the past?

Many past House Parties have been recorded, and you can listen to them anytime at naranonrmr.org/recovery-recordings/ under RMR Events.

The Rocky Mountain Region also has a step-by-step guide to support you through the planning process. To learn more or to request access to the House Party email account, reach out to technology@naranonrm.org.

Bring your ideas. Bring your passion. Let's grow together.



Growing in Service: A Weekly Workshop

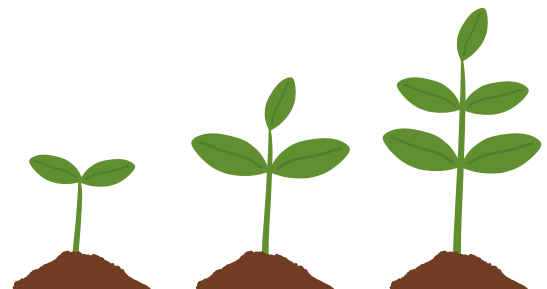
Growing in Service is a weekly, one-hour Nar-Anon service exploration held on **Tuesdays at 4pm MT in the RMR Clubhouse**. This workshop offers a dedicated space for members to learn about and practice the principles of service.

Because this is not a traditional Nar-Anon meeting, the structure is intentionally different. Members from around the world join us and are encouraged to ask questions, respond directly to one another, read from service materials, explore ideas, and engage in open dialogue. The purpose is shared learning—deepening our understanding of what it means to be effective Trusted Servants and how service strengthens the three pillars of recovery: working the program, fellowship, and service.

Let's
Grow
Together

The workshop includes guided, interactive discussion led by a weekly topic leader. The current workshop series is the 12 Traditions in 12 weeks. **Feb, March and April will be Home Groups: the Lifeblood of the Nar-Anon fellowship.**

: GrowingInService@naranonrm.org



Step 1: We admitted we were powerless over the addict - that our lives had become unmanageable.

Step One: My Unmanageability Wasn't on the Outside—It Was on the Inside

When I first heard Step One in Nar-Anon, I got stuck on the word “unmanageable.” I didn’t relate to it at all. My life didn’t look unmanageable—if anything, I was managing everything. I was the scheduler, the financial safety net, the emotional shock absorber, the detective, the peacekeeper, the one-woman search-and-rescue team. I wasn’t falling apart... I was holding everyone else together.

What I didn’t realize was that unmanageability didn’t mean visible chaos. My unmanageability was the internal chaos—the emotional exhaustion of living in constant fear. It was micromanaging the moods, choices, and crises of the people I loved. It was an overdeveloped sense of responsibility that convinced me I alone stood between my loved ones and disaster.

I wasn’t powerless because I was weak. I was powerless because I was trying to control things that were never mine to control.

Before Nar-Anon, I thought unmanageability meant missed bills, lost jobs, or legal trouble. And while those things may be part of someone else’s addiction, my version looked different. On the outside, my life didn’t look messy. But inside, it was completely unmanageable because the entire system depended on my constant control.

The truth was simple: the inability to accept powerlessness was what made my life unmanageable.

Step One didn’t magically remove the chaos, but it began loosening my grip on the illusion that I was running the show. I walked into Nar-Anon wanting tools to help me manage them. Instead, Step One pointed me back to me.

Step One is about seeing clearly.

It asks me to stop pretending, stop managing, stop rescuing, and stop believing I can control outcomes for my addicted loved one (or anyone else). The unmanageability isn’t just the chaos around me—it’s the chaos inside of me:

- My overdeveloped sense of responsibility
- My belief that love equals fixing
- My pattern of stepping in front of their HP
- My attempts to be the director of everyone’s life
- My emotional exhaustion, resentment, and fear

Any time I tried to control, rescue, or predict outcomes for my adult child or my husband, I learned to pause and ask:

“Am I getting in the way—blocking their Higher Power or blocking life on life’s terms—by doing the work that isn’t mine?”

Asking God that question has slowly helped me untangle love from responsibility. I don’t have to script their lives. I don’t have to be the Director. I don’t have to stand between them and their own learning, growth, or Higher Power.

It still surprises me that admitting powerlessness is what actually brings me strength. Step One doesn’t limit my life—it expands it. It frees me from roles I was never meant to take on. It shifts my focus from managing outcomes to managing myself.

I’ve come to understand that Step One isn’t just the beginning—it’s the foundation of my emotional and spiritual recovery. Some days I need it once. Some days, a dozen times. Every time I return to it, I feel myself letting go of a weight I was never meant to carry.

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

So, what should this mean to me? How can this tradition help me in my everyday life; In my Nar-Anon meetings, in my finance committee for my community organization, with my adult children (both ALOs), in my relationship with my partner, and with my neighbors. I can use this tradition with everything and every day. I just must be open minded and willing.

In Tradition One, we are asked and encouraged to listen to others and their thoughts on the situation at hand. In Nar-Anon, we are taught how to listen. "By patiently listening, we show mutual respect and concern for the common welfare of the group. [The person we are listening to.] We do not interrupt each other, put the spotlight on one member, ask questions or comment on what others say, as this would be considered crosstalk." Wow, that statement is really showing and telling us how to be present. Being present means giving your full awareness to what is happening right now without trying to change it, judge it, or escape it. It is paying attention to this moment as it is. Being present is consciously experiencing the current moment with openness and acceptance.

In our Nar-Anon fellowship, the point of unity is the common purpose of the group, which is to help families of addicts. What a wonderful gift to learn and experience how to be present. We learn to listen before we speak or act. This can only open doors for everyone's recovery. "Listen to learn." In Tradition One we are asked to think about how the decision we make will affect the overall health of the group. What I may think is best, may not be best for the whole of the group. This is where I learn about common welfare and humility. It's not about me, but the group. This can be very hard at first, but being present and listening will open new doors to recovery.

Here is where I can use this tradition in everyday life.

1. Be present. Be in the moment. Stop. WAIT-Why Am I Talking? Listen. I will learn something.

2. It's not about me. Here is where humility comes in. I may want it to be about me, but I need to let that go. This can help in our everyday lives. We are now thinking of others and not just our own needs and we are thinking of what is best for the common welfare of the group, not just ourselves.

3. If we stop, listen, pause and think, we become open minded and willing to do what is best for the greatest number. Personal progress depends on unity. Unity is a shared sense of connection, purpose, and mutual respect for one another. It is honoring each person's individuality and putting the group's common welfare first while respecting individual differences. This is called recovery, in our Nar-Anon fellowship and in our everyday lives.

These traditions are for us to use. Enjoy the journey. With Recovery, it only can get better.

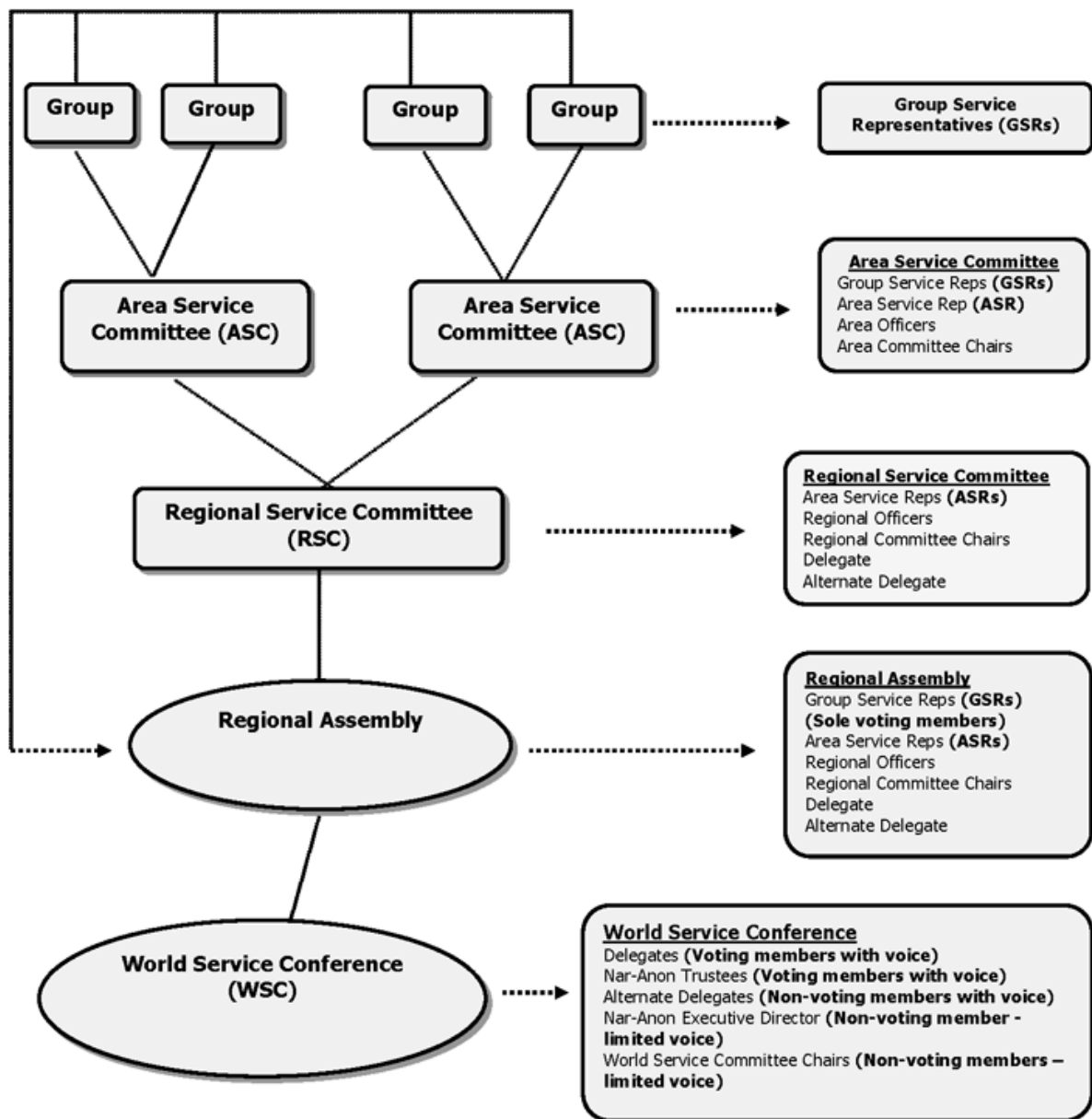


Concept 1: To fulfill our fellowship's primary purpose, the Nar-Anon Family Groups have joined together to create a structure that develops, coordinates, and maintains services on behalf of Nar-Anon as a whole.

Concept One explains why Nar-Anon has a service structure. Mainly it is because individual groups cannot carry out every task needed to support the fellowship, so we join together to create a structure that can develop and coordinate services on behalf of all groups.

This Concept highlights that cooperation is essential: by drawing on our strength in unity and collective vision, we can do together what no single group could accomplish alone. Concept One is the foundation of area, regional and world services, ensuring that the Nar-Anon message can reach families everywhere while keeping the focus on our primary purpose—offering hope and help to those affected by a loved one's addiction.

Below is a visual of the Nar-Anon service structure. *Note: Rocky Mountain Region does not, at this time, have areas and therefore no Area Service Committees. RMR Group GSRs attend the monthly Regional Service Committee (RSC).*





LOGO CONTEST!

2026 10th Annual Convention Rocky Mountain Region Nar-Anon Family Groups

Theme: Milestones of Recovery: Every STEP Counts

WINNER RECEIVES

**CONVENTION REGISTRATION FEE,
MERCHANDISE, & BANQUET TICKET**

Please submit entries to
convention@naranonrm.org by

February 15th

PLEASE SUBMIT IN PNG, JPEG, OR VECTOR
FORMAT



Home Groups:

THE LIFEBLOOD OF THE
NAR-ANON FELLOWSHIP

Growing

IN SERVICE

Starting Feb 3, 2026



Feb 3	Group Structure GLS Section 4	March 17	Healthy Meetings & Formats Guidelines for a Healthy Meeting S-303
Feb 10	Group Conscience Group Conscience S-305	March 24	Starting a Virtual Group Starting a Virtual Group S-335
Feb 17	Being a Home Group Member	March 31	Starting an In Person Group No Nar-Anon Group? S-309 Starting a Meeting and Never Been to a Twelve Step Meeting? S-323
Feb 24	Group Problems GLS Sec. 4-5	April 7	Customs and Styles GLS Section 3 Example Meeting Format S-314
March 3	Inappropriate & Disruptive Behavior Inappropriate & Disruptive Behavior S-326	April 14	Anonymity Let's Talk About Anonymity S-307
March 10	Appropriate Sharing & Crosstalk Appropriate Sharing & Crosstalk S-308	April 21	Group Inventory Group Inventory S-316

Each session is focused on Nar-Anon Service literature
<https://www.nar-anon.org/service-literature>

TUESDAYS

4 PM MT



www.naranonrm.org

GrowingInService@naranonrm.org



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)