



ISSUE #20

Rocky Mountain Recovery

February 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



This month we're highlighting one of the tools of recovery - journaling.

Journaling is one of the 12 Tools of Recovery, offering a quiet, personal way to slow down, reflect, and connect with our program and our Higher Power. By putting thoughts and feelings on paper, we create space for clarity, honesty, and growth—one day, one page at a time.

*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?

- Tues, Feb 3, 4pm MT in the Club House: Growing in Service "Home Groups: The Lifeblood of the Nar-Anon Fellowship series starts
- Sun Feb 8, 2pm in the Main Room: Nar-Anon Vision Round Table
- Feb 15: 2026 10th Annual Rocky Mountain Region Convention Logo contest due date
- April 12-10: Nar-Anon [Cruise #2](#)
- Sat, May 30 10am-3pm St Paul's Episcopal Church in Lakewood, CO: Day of Sharing, in person recovery event



SERVICE OPPORTUNITIES

You're invited - All are welcome!

Sometimes service simply means showing up.

The Regional Service Committee (RSC) would love to have you attend our budget discussion on February 3rd at 8 PM Mountain in the Clubhouse. The 2026 Budget will be discussed and you will get to ask questions, have your voice heard, and see how the region uses the 7th Tradition contributions we so appreciate from our members and meetings. Everyone is invited and you might even learn a few things - or we will learn a few things from you.

Then, on February 21 from 8:30 AM Mountain Time to about 1:30, we hold our Winter Assembly. This year we will be having two speakers - the Executive Director of the World Service Office and a member of the World Budget and Finance Committee. A flyer will be available on naranonrm.org with all the times and information. This is a different take on the Assembly and you are invited to come for any part of it that interests you. In the Assembly only the GSR's get a vote, but we love to have people attend for whatever part of the meeting they can.

Heard in an RMR Meeting Room

Is what I'm worried about, actually happening today?

Nothing is a waste of time if I use the experience wisely.

A mistake a day, keeps perfectionism away.

Make a plan but don't plan the outcome.

GRACE: Giving Recovery A Conscious Effort.

First step of getting good at something is to suck at it.

I can't think of anything more important in the whole wide world than doing this work because it's the key to our peace and happiness.

Unity plus anonymity equals equality.

Acceptance does not mean access.

Tears are silent prayers, God is listening.

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 do you use journaling in your recovery?

I have done several different kinds of journaling in recovery. I have done my step working journal, my 10th Step journal, I have journaled about things my sponsor has suggested, I have journaled answers to questions posed in the meeting. My sponsor tells me if I get it down on paper, it will become clear and organized in my mind.



Journaling is challenging for me so sometimes I just write down the topic and questions from the meeting and reflect on that. I usually add tools of the program and slogans that go along with the topic.



Journaling is not something I did before coming to Nar-Anon. I never imagined how transformational it would be in my recovery journey. I actually started journaling two days before I found Nar-Anon. My loved one was in active addiction and I was broken.

I felt the sudden urge to write and opened an unused journal I had saved for years. I disregarded my ideas of a traditional journal and began writing upside down on the first page. I wrote about how backwards my life felt and how I had no clue what my journal's purpose would be.

I closed it, put it away on a shelf and out of my mind. It wasn't until a few months in the program and hearing members share how they used journaling as a tool that I decided to pick it up again. What's beautiful about journaling is that there are no rules.

I don't have to follow a format or stick to a writing schedule. Sometimes I write pages at a time. Sometimes I only write a few sentences. Sometimes I don't write at all and instead just doodle. I don't have to think it through or have a plan. I just open to a blank page, put pen to paper and allow something spiritual to take place.

We want to hear from you!

Next Month's topic: Step 3



One beautiful part of recovery is making the program our own. **Have you created a personal Third Step Prayer that helps you turn your will and life over each day? We invite you to share it with the fellowship** so others may find hope and inspiration in your words.

[Click the image to the left to submit yours](#)

Journaling For Recovery

Journaling for Recovery Workshop 2025 RMR Convention

Prayer to journal:

HP help me to continue my journaling and to fill it with all the things that will be the most helpful. Help me to use those things to reflect. Remind me that reflection comes over and over again, and at different stages. Once I reflect, help me to take action as needed so that I may grow in the ways that are your will for me.

Journal on a topic for 10 minutes: Fear

Fear is so all consuming. Much like addiction it has the ability to completely enfold me in its grasp, suffocating me with its pungent stench of lies. Fear. What the fuck am I afraid of? I think about the words of my daughters, each around the age of 6 when they started to finally realize they weren't the only people in the world and that others existed and worse, others may have an opinion about them, timidly they would ask me in their sweet sing song voices, "what if they laugh at me mommy".

Is that it? Is that what I'm afraid of? Is the sweet innocent girl that still lives so deeply in me asking me, the adult, "will they laugh at me"?

Here I am, a nearly 40 year old woman who has birthed 4 beautiful children, naturally might I add, been dragged through the depths of hell by my addict and yet here I am... consumed by the fears of a young girl.

Each month, my Home Group has a slogan meeting called "Is it Odd or is it God?" My December slogan was "Bless them, change me." I've learned to use the gifted slogan as my focus for the month, especially when I'm feeling pulled into old patterns around my ALO.

This one invited me to pause, breathe, and shift my attention from trying to manage someone else's journey to letting my Higher Power work on me.

As I sat with it, I played with the wording. I found myself expanding it into a broader way of thinking. Focusing on the principles of the program, my ongoing growth, and the gentle reminder that serenity comes when I let go of the urge to change others and stay willing to be changed myself.

- Bless them; change me; guide us both.
- Bless them as they are; change me as I grow.
- Bless them; soften me; steady my heart.
- Bless them; transform me; let love lead.
- Bless them; change me; let me practice the principles.
- Higher Power, bless them; guide me back to humility.
- Bless them as they are; change the only person I can—me.
- Bless them; change me; keep my side of the street clean.
- Bless them; teach me acceptance and serenity.
- Higher Power, bless them; help me grow through this, not react to it.
- Bless them; change me. Let me be useful, honest, and kind.
- Bless them—not because they lack love, but because they're fighting an illness.
- Change me—not to fix them, but to free myself from the need to.

Things I tried to get them to stop using....

I sulked. I cried. I encouraged. I cajoled. I lambasted. I ridiculed. I nagged. I withheld. I overflowed. I jumped. I dove. I laid down. I resisted. I insisted. I demanded. I begged. I was apathetic.

What worked

Journaling For Recovery (cont'd)

I still resist actually writing things down. Thanks to my sponsor, I'm asked to take things from my head to my hand and it provides so much clarity when I do. The disease lives in my head. Often I am not in reality when I am in my head. Disease thrives in removal from reality. My recovery is based on being in reality. Journaling is a great tool and I am happy when I am reminded to use it.

In recovery, journaling is one of the tools I use as a brain dump. I start my journal with a page, "Thank You letter my HP." I start off thankful for the day and the weather and challenge myself to think about where else in my life little miracles are happening. After that, I launch into what's on my heart. Nothing has to be solved, and in most cases, once I get it out of my head, it stops spinning around.



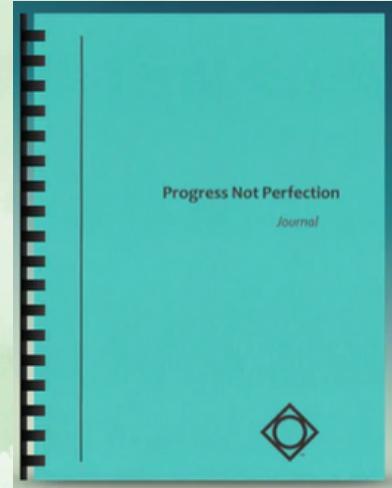
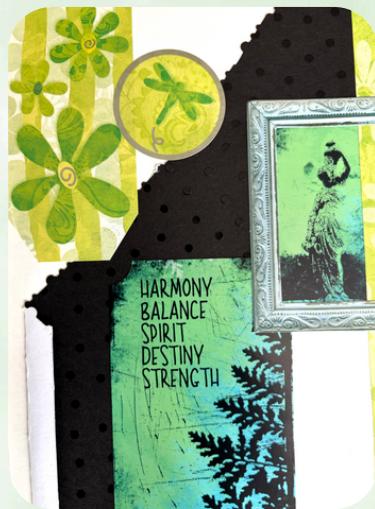
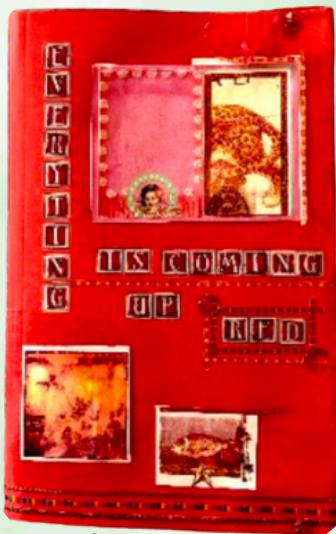
I use journaling to write from prompts. Sometimes I pick up prompts in our literature: "Came to believe that a Power greater than me could..." "Mistaken sense of responsibility," "Take no thought for the future action of others," "Entirely ready," etc. Other times, I journal from topic leads in my home group.

Recent leads I have journaled from include: "The need to know is a form of control," "The half life of grief is endless," "How do I show myself grace when my life feels messy, stuck, or uncomfortable?" Some things that I write on just arise spontaneously in my prayers: "What God wants me to constellate in this world, I have to do consciously, or else it will be done to me." Journaling for me is an active, embodied, dynamic conversation with my Higher Power. It's a tool of discovery and kinship.



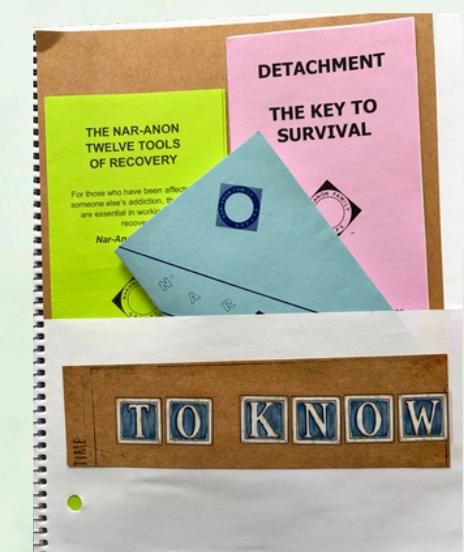
My journal is filled with recovery art. Just like journaling, art allows me to express myself. I create artwork using Nar-Anon slogans and then mail them to Narabuddies.

I PRAYED IN MY JOURNAL, AND THEN GOD CAME AND STARTED HELPING ME IN MY LIFE.



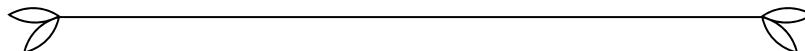
**WRITE
IT
Out**

Joy



Step 2: Came to believe that a Power greater than ourselves could restore us to sanity.

Came to believe that a Power greater than myself sees the good in everyone.
Came to believe that a Power greater than myself will bring me to places I haven't even imagined yet.
Came to believe that a Power greater than myself is with me wherever I go.
Came to believe that a Power greater than myself celebrates my growth.
Came to believe that a Power greater than myself is teaching me I can't be perfect if I'm trying and growing.
Came to believe that a Power greater than myself can be an important relationship in my life.
Came to believe that a Power greater than myself will bring magic to my life if I look for it.
Came to believe that a Power greater than myself can help me practice radical acceptance one day at a time.
Came to believe that a Power greater than myself can grant me the courage to be honest.
Came to believe that a Power greater than myself believes me to be entirely worthy.
Came to believe that a Power greater than myself wants me to love open-heartedly.
Came to believe that a Power greater than myself can help me make decisions.
Came to believe that a Power greater than myself can help me see what my choices are.
Came to believe that a Power greater than myself can help me see myself through Their eyes.
Came to believe that a Power greater than myself will grant me what I need when I am ready.
Came to believe that a Power greater than myself wants me to participate in life.
Came to believe that a Power greater than myself can restore me to sanity over and over again.
Came to believe that a Power greater than myself can when I can't.
Came to believe that a Power greater than myself can bring me ease.
Came to believe that a Power greater than myself gives me permission to hope.
Came to believe that a Power greater than myself does not need me to fully understand Them.
Came to believe that a Power greater than myself is found in the pause.
Came to believe that a Power greater than myself shows up in other people.
Came to believe that a Power greater than myself can use me as a channel.
Came to believe that a Power greater than myself can help direct my words.
Came to believe that a Power greater than myself is forgiving.
Came to believe that a Power greater than myself shows me beauty.
Came to believe that a Power greater than myself has a timeline and it's not mine.
Came to believe that a Power greater than myself will hold me in difficult times.
Came to believe that a Power greater than myself has a sense of humour.
Came to believe that a Power greater than myself will show me the way.
Came to believe that a Power greater than myself will put people and circumstances in my path for a reason.
Came to believe that a Power greater than myself is in charge.



I came to believe that a Power greater than me could be present in ordinary moments.
I came to believe that a Power greater than me is everywhere, all the time able.
I came to believe that a Power greater than me could work through uncertainty rather than remove it.
I came to believe that a Power greater than me could help me accept life as it is today.
I came to believe that a Power greater than me could be trusted with my whole life, not just parts of it.
I came to believe that a Power greater than me could guide my decisions when I feel overwhelmed.
I came to believe that a Power greater than me could speak to me in a still, small voice; I just need to listen.
I came to believe that a Power greater than me could bring calm into moments of chaos.
I came to believe that a Power greater than me could help me let go of outcome and refocus on my effort.
I came to believe that a Power greater than me could bring perspective when my emotions feel loud.
I came to believe that a Power greater than me could help me act with integrity and speak when my voice shakes and I feel uncomfortable.
I came to believe that a Power greater than me could guide my work without requiring perfection.
I came to believe that a Power greater than me could help me show up without over-functioning.
I came to believe that a Power greater than me could carry what is not mine to fix.
I came to believe that a Power greater than me could help me release unrealistic expectations of myself.
I came to believe that a Power greater than me could help me trust timing rather than force results.
I came to believe that a Power greater than me could meet me in anxiety without judgment.
I came to believe that a Power greater than me could help me live fully in the present moment.

Tradition 2: For our group purposes there is but one authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants — they do not govern.

There is only one authority in Nar-Anon and it isn't me. It isn't you. It isn't the person in your home group with the most years in the program. It isn't the person to who sponsors the most people. It isn't the person with the most trusted servant jobs. The only authority in this program is a loving Higher Power, however you define that for yourself.

One of the things I love about the Traditions is how interrelated they are. In Tradition One we are called to put unity and common welfare first. Of our own power, we probably could not do that. We come in here broken and in need. We are usually way more selfish than we know, and at least for me — we thought of ourselves as victims or martyrs. So how in the world am I supposed to put the welfare of the group first? Oh, wait, I don't have to do it alone. In fact I have a loving Higher Power who makes all things possible — even being a little less self-centered. Even learning that my needs do not come first. Even helping me stop trying to call the shots (that is the colloquial way of saying "we don't govern.")

That same loving Higher Power also comes up when we talk about Tradition Eight. We are forever nonprofessional. In other words, no one is an authority. No one, no matter how much they believe themselves to be the one with the answers (and I am talking to myself here as much as anyone) no one is an authority. If they quote a bunch of program literature from memory? Still not an authority. If they hold a trusted servant's position? Still not an authority. If they hold several positions? Still not an authority. I think you get it. We may want to see ourselves as authorities, but we are really just a bunch of bozos on the same bus.

It may be hard for us family members to get off the white horse and stop seeing ourselves as the rescuer. And it might be hard to stop waiting to be rescued. No human power is going to be able to save us — not our own power and not the power of any other human. This is good news.

That we are powerless does not mean we are hopeless. In fact, we are very hope-filled. Once I put down the idea that people (me included) are going to save the day, I get to look around for something greater, deeper, bigger, more powerful, and more loving than I am to take over. That Something, however I define it, is more loving than I could be, more powerful than the person who started your meeting, and closer to us than our own breathing.

Group conscience is the way this loving Higher Power moves through our home group and fills us with the ability to act with unity, love, tolerance, humility, peace, and joy. If this does not sound like your group conscience or business meetings, you are in the right program. Our relationships with other humans is where our control issues show up. Put a lot of us in a room and it can get pretty spicy. This Tradition asks us to see that control for what it is — our disease. This Tradition gives us the solution — trust HP to express themselves through us. This means we have restraint of tongue. It means we don't jump in there and try to get our way. It means we weigh all decisions the way Divine Love would not in the way these decisions impact one person, but the way they impact the group, and Nar-Anon as a whole. That is what Tradition Four teaches us. We also don't just listen to one voice. We don't defer to any one person, no matter the authority they project. We listen for the still small voice in us and we listen for what will help us with our primary purpose of helping the friends and family of addicts.

The next time someone in your home group tries to play the authority figure, you can listen with kindness and tolerance but also with the knowledge that we know exactly who the real authority is (Repeat after me -- I am not the authority figure). Not that person, not me, not any person, not human power, but a loving benevolent Higher Power as expressed through the entire group. The disease makes us want to feel special and different. The Traditions want to remind us we are part of a group — we are part of humanity — we are not isolated and alone but in community and connection with each other and with the Love that connects us all.

Concept 2: The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups.

Concept Two reminds us that Nar-Anon is guided from the groups upward, not from the top down. Our Home Groups are the heart of the fellowship. They hold both the responsibility and the authority for how Nar-Anon serves its members and carries the message of hope to families and friends of addicts. The groups formed the service structure, and therefore they continue to shape it through group conscience, shared direction, and participation.

The voices and needs of the groups help ensure that Nar-Anon services remain focused on our primary purpose. When groups share their experiences and concerns, the fellowship is better able to provide services that truly support them.

Concept Two also shows us how service flows throughout the fellowship — from the group level to region, and world services. Committees and boards exist to support the groups and carry out the work of service, all guided by the collective spiritual conscience of the fellowship.

As Concept Two states, the groups bear the final authority in all our fellowship's service affairs and should be routinely consulted in matters that affect them. The most important resource a group contributes is spiritual — its ideas and its conscience — providing the direction needed for the service structure to fulfill its responsibilities.

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

RMR Clubhouse
Click here to enter

www.naranonrm.org
GrowingInService@naranonrm.org

Healthy Home Groups are the foundation of a healthy fellowship. When groups are informed, engaged, and guided by a loving group conscience, they strengthen not only their own meetings but the entire Nar-Anon service structure. Strong groups provide clarity, direction, and spiritual support that allow committees and service bodies to effectively carry the message of hope. By nurturing healthy Home Groups, we ensure that Nar-Anon remains unified, responsive, and focused on its primary purpose.

To help members better understand these principles in action, we invite you to join the Growing in Service workshop series focused on strengthening Home Groups. This series will explore how groups function within the service structure, how group conscience guides decisions, and practical ways members can support healthy, thriving meetings. Whether you are a trusted servant, a GSR, or simply want to learn more about service, all are welcome.

New Year, New You



It Starts With Us, the New Year Starts With Us.

What a solace the word "US" can be. The New Year, New You event sponsored by the Rocky Mountain Region of Nar-anon reinforced that "We" are not alone. The whole world suffers, let me say that again: the whole world suffers.

Addiction is a worldwide issue and to hear you are not alone from natives of other countries is serene and peaceful. It breaks the isolation and shame a lot of people can carry when battling the addiction of a loved one. One member has always said "I am/was dying from a drug I never put in my body."

I'm not the only one that feels dead, lost, and alone inside. There is a world of people who feel the same. A simple validation of knowing others feel and experience the same as you through the world of addiction is extremely comforting. It makes it feel normal. I feel normal.

Hearing healthy boundaries, tools, tips, experience, strength, and hope from people around the world brings a sense of solidarity and unity. The New Year event allowed someone to be there for me for emotional relief for a period of 24 hours. This is an amazing experience to set a foundation for the new year.

The New Year event gave me a beginning, a starting point to increase clarity without being told what to do. I was reinforced with hope--realistic hope that brings a piece of constant reassuring healing. As, I prepared for New Year goals, challenges, resolutions and themes of change, I was faced with a reflection event that grounded me with a start of a New Year, a New year without judgment. A new year supported and loved. Not healed, still hurting, but with a base of support from the whole world. New connections, new people, new stories, new shared experience, and most of all a new found hope, that I am not alone--never again. Thanks for the service, Thanks for the love, thanks for the shares, thanks for the hope, but most of all thanks to the world; the world of addiction.

The Rocky Mountain Region's New Year celebration was not only a powerful experience, but it also reaffirmed why recovery is such an important part of my life. Hearing people share their stories in different languages and from different countries was deeply humbling. It reminded me that I am not alone and that addiction is not just a problem in the United States—it is a worldwide struggle.

This event also helped me deepen my trust in and connection with my Higher Power. My Higher Power gave me the willingness to listen and truly hear others' experience, strength, and hope. I was fortunate to witness the power of sponsorship, working the steps, giving back through service, and living the program one day at a time.

I am grateful to have been a member of Nar-Anon for a year, and even more grateful to have a program I can turn to—one that continues to change my life and help me grow into a new person.



The Rocky Mountain Region's 24 hour "New Year, New You" event on New Year's Eve/Day offered an opportunity to observe Nar-Anon meetings in other languages and cultures. For those of us in North America, we spent our earliest hours of 2026 watching Russia Region Group 36 and Russia Region Serebristry Bereg groups host their Nar-Anon meetings. The technology platform offered a speech-to-text translation service, but it worked about as well as me trying to suppress my character defects in rush hour traffic when I'm late to work. But it didn't matter, Higher Power translated everything we needed to see and hear.

The heartbreaking share of a mother whose child is an addicted loved one transcends a language barrier. Luckily, so does the peace and serenity that the Nar-Anon program offers. The rhythm and cadence of the 12 steps being recited was familiar even though the Cyrillic letters on the screen were unreadable. The midday sun shone behind the speakers, while much of the audience watched from the darkness of a midwinter night. It was a visual reminder that we each live just for today. While it's saddening to know that addiction is a global disease, it's equally comforting to know that Nar-Anon is a worldwide offering of hope.

The unexpected treat of the very early morning was watching members in both groups share recorded songs, some with video and animation, and all reflecting the themes of the program. Recovery set to music! The simple folk tunes were easy to follow, and the translation provided just enough context to understand that the songs were an invitation to others – a Step 12 message carried out in literal and figurative harmony. What opens up for us when we place ourselves in the unfamiliar? When we listen to learn? We observe a different way to work our program (with a soundtrack!) In the wee hours of the new year, new persons emerge....



Join
US



Rocky Mountain Region
Nar-Anon Family Groups

DAY OF SHARING 2026



DATE
Saturday,
May 30, 2026



TIME
10AM - 3PM



LOCATION

St. Paul's Episcopal Church
9200 W 10th Ave
Lakewood, CO

Interested in joining the planning committee?
Email: DOSchair@naranonrm.org



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

February 8th, from 2pm-3pm Mountain

Time newcomers and longtimers
please join us in the virtual meeting
room to envision what the Rocky
Mountain Region will bring to the next
World Service Conference!

Nar-Anon Vision Board Roundtable

Sunday
February 8th, 2026
2pm - 3pm MT

- Brainstorm ideas for motions
@ The 2027 World Service
Conference
- Please come to share your
thoughts on how Nar-Anon
can carry the message of
hope throughout the world to
those affected by the
addiction of someone near to
them.

Questions?
delegate@naranonrm.org



Rocky Mountain Region NFG Meetings

(times are all MT)

Sun		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	
Mon		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
Tues		11am SESH Colorado Main Meeting Room			7pm It Starts With Us Main Meeting Room	
Wed	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	
Thurs		11am We Begin Here Main Meeting Room			7pm It Starts With Us Step Study Main Meeting Room	
Fri		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	
Sat	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	



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@naranonrmr.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

