

Rocky Mountain Recovery Newsletters

**Consolidated Collection
July 2024 through August 2025**

**Rocky Mountain Region Nar-Anon Family Group
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<https://naranonrmr.org/>



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Rocky Mountain Recovery

July 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Launch Into Recovery

Welcome to the first Nar-Anon newsletter of the Rocky Mountain Region!

We are excited to present this July issue with the same theme as our upcoming convention in Denver this November.

As we Launch Into Recovery with the first edition of the Rocky Mountain Recovery newsletter, may we all be encouraged to aim for the stars in all of our affairs.

We hope you find this newsletter to be informative, entertaining, and another great tool for recovery.

Want to contribute? We are seeking submissions! newsletter@naranonrm.org

Sincerely,
The RMR Newsletter Committee

In this newsletter you can find:

Events & Announcements

Stories

What's Happening Out in the World

RSC Corner

Resources

Experience, Strength, & Hope

Step & Tradition of the Month

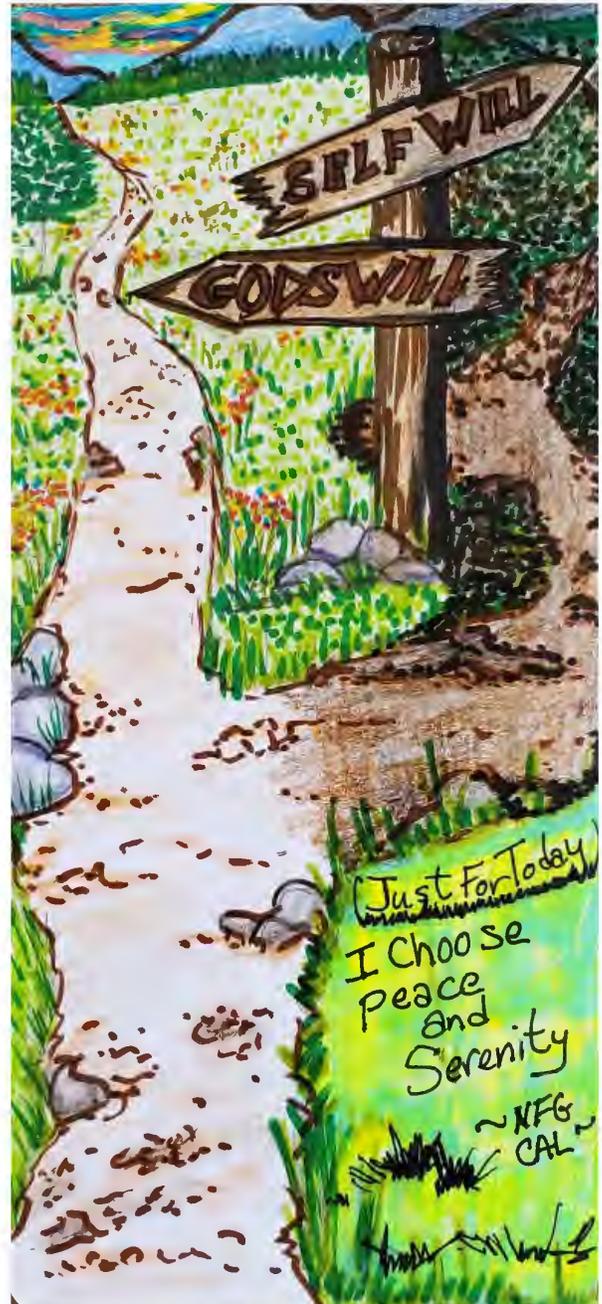
Are there any Nar-Anon related announcements?

- Outreach Committee is looking for new members, email outreach@naranonrm.org
- Carry the Message meeting with a speaker from NA and a speaker from Nar-Anon in the main room on July 27 at 10:30 AM MDT.
- Our first [Nar-Anon cruise](#) is Feb. 2-9 2025, checkout
- Saturday, July 13th European Convention Hybrid event Online and in Helsinki, Finland
- Saturday, August 3rd The RMR Naranon Annual Picnic in Golden, CO
- August 29 through September 1, 2024 is the [Nar-Anon World Convention](#) in Washington, D.C.

Outreach Committee

Our Outreach Committee shares our ideas and our experiences, to give each other feedback and support, to explore and create new Outreach tools, and to make plans about how to best carry the message of Nar-Anon back into our communities. You don't have to live in Colorado! Our Outreach members come from all over the US, and may come from anywhere in the world. Bring your voice, your ideas, your vision and your experience!

We meet every Monday at 4 PM MT in the Clubhouse. Anyone and everyone is welcome. Questions? E-mail outreach@naranonrm.org or simply come join us!



"I FOUND MYSELF COMPLETELY DEVASTATED, LOST, FULL OF FEAR, CONFUSED, ALONE... NOW THAT I AM A MEMBER OF NAR-ANON I HAVE FOUND HOPE, PEACE, PEOPLE WHO UNDERSTAND, AND I KNOW THAT I CAN BE HAPPY, JOYOUS AND FREE, NO MATTER WHAT THE ADDICT IS DOING OR NOT DOING!"

NARANONRMR.ORG/NAR-ANON-STORIES/

What does "Launch into Recovery" Mean to You?

A rocket blasting off, a cruise ship leaving dock... an intentional effort of thrusting forward for a desirable possibility... a leap of faith. ~ Alicia

When I came to NarAnon I was desperate, alone and felt helpless. I knew my life needed to change. At my very first meeting I felt peace, serenity and saw the hope that I so desperately wanted. I jumped into the program with both feet, submerging myself into all that the program had to give. I ordered the [literature](#), attended 90 meetings in 90 days, got a sponsor, a home meeting and began to do service. I also began attending the [Traditions and Concepts study](#) each Wednesday evening. I learned very quickly that this was the place I was meant to be.

~ A very grateful member

It took me some time to "get it": that I needed recovery just as much (if not more) than my addict. But once that light flickered, it caught fire and I launched myself into my own recovery: my meetings became my lifeblood, my everything, at first, and then my HP took it from there! I worked the steps like my life depended on it and with each graduation found myself elevated and healed in ways I never expected. I'm so glad I launched myself so deeply into a seemingly outer space that, in the end, was actually the home I had been desperately longing for. ~Tiffany

"Just for today I will be unafraid. Especially, I will not be afraid to enjoy what is beautiful and to believe that as I give to the world, so the world will give to me".

Launch: To start (a person) on some course or career. This is one of Webster's definitions.

Many people say "go to 90 meetings in 90 days, get a sponsor, start working the steps" are what launches them on recovery. For me, what launched me into recovery was service. My sponsor told me I was part of the sponsorship committee and I needed to come to the planning meeting. I was resistant and didn't really want to go. I am so grateful for her push. I made narabuddies who are still my friends today, I got to use my brain and my organizational skills and become part of something. Service is what launched my recovery. Join a committee! ~ Stephanie K.

Suggested Readings:

[Serenity Connection](#); page 4 "Isolation, Service and the Disease"

[Serenity Connection](#); page 5 "Rotation of Service"



Launch: to set in motion.

Recovery: to be returned to a sound state of mind and spirit.

This is a WE program. You don't have to do any of this alone! We do this together, and we get to do this face to face at the convention. When we are together, face to face for three days—in workshops, in service, sharing rooms, having dinner—our bonds and fellowship are catapulted to an exponential level. I will be ready to give you a big hug at the Convention!

~ Julie W.

When I think back my early days of recovery, a few things stand out as what really helped launch me into a new way of living and recovering.

- Attending a meeting a day for 90 days - I attended as many virtual meetings as I could. The therapeutic value of one family member helping another is without parallel. I didn't tell anyone what was going on inside my home and finding y'all and hearing y'all share about the same hell I was living in helped me realize that I was not alone.
- Finding a home group. (More about this in our next issue!)
- Getting a sponsor & narabuddies - I was blessed with a great sponsor pretty early on. We began meeting regularly and jumped into the step work straight away.
- Attending the [ISWU Traditions and Concepts study](#) - My home group studies Traditions and Concepts every Wednesday after our nightly meeting. The recovery and connection I find here has been instrumental.
- Journaling - Writing down what was going on in my life and how I was healing helped make it real, both the trauma and the recovery.

We do recover. If you're new around here, keep coming back. Connection is the opposite of addiction. You don't have to be alone.



A Member Shares

Question: Why do I need recovery? I'm not the addict.

When I first came to the rooms, I was angry, and not just at my addicted loved one. I was angry at all the people sitting in that room telling stories about their lives with laughter, happiness even. Why were they so damn happy?

But I stayed: bad attitude and all. Curse words flying. Anger emanating. I listened, without an ounce of humble in me, at first. I thought: why do I need to be here, I'm not the addict! But I kept coming back. I kept listening. I kept sharing my story, which had not a drop of recovery in it, to start with. And yet every humble eye looked back at me, every hopeful ear listened.

The stories I heard in those rooms were my stories, perhaps wrapped in different packaging, but they were mine. I wasn't alone anymore. My anger, my fear, my isolation had found a place to let go.

Once I let go, just slightly, I got a taste of it: recovery. At the time, it didn't mean what I thought it meant, what it meant to me in regard to my addict: clean and sober. For me, it felt like peace. A space to take a breath in and let it all out. It meant freedom from the chains that never belonged to me in the first place.

Then, slowly but surely, I realized how much I needed a recovery of my own. I was suffering, nearly dying, from a drug I had never put into my body. I had allowed my entire world to become wrapped up in someone else's. I forgot who I was and in the chasm of space that was once me, I had become someone I hated.

NarAnon was the solution and I hadn't even realized I had a problem that it could help me recover from until I entered those rooms and kept coming back!

Suggested Readings:

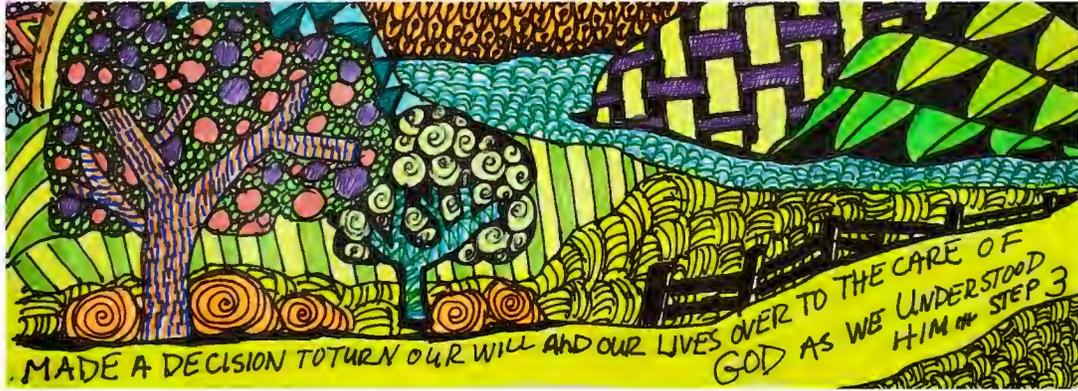
SESH March 3 "Anger is not the Answer"

SESH August 10 "Overcoming"

Next month's question: I've started to do my step work on my own, but I've been told it's best done with a sponsor. Why?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

Please send your response to: newsletter@naranonrm.org



Spirituality Section

Spirit, God, Higher Power,

I call you the Animating Spark, the Drive to Awaken, the Great Replenisher. I call you the Grace that flows from being at One with you. You are the Curiosity that lives between the Known and Unknown.

You hold the mirror: the capacity for me to see myself as I truly am. And then, as I grow, I get to become the instrument of you.

You are the grit, the salt, the No need to hide.

You are in the secrets I am still keeping from myself, the ones that I know and the ones that I don't even know yet, that I am still hiding behind.

You are the Unfathomable. The Ripe Discovery. The Unfolding Miracle. The Essence of everything wonderful that I never thought possible (because I could not even imagine it yet).

You are the easiest way through any set of my perceived difficulties.

You are behind anything I might or could ever be afraid to find. You embrace all of me. You are the place in which all of me is allowed, and where it is able to come into the light to be seen, and loved, and repurposed.

Forgiveness isn't even a word or an action you have for me, because there is nothing to forgive. Just this gratitude in me that we keep coming closer.

You are both unchanging and ever evolving. You who are always For me and Never against. You, the One with No judgment. The Never Surprised at my struggles. The One who Sets Aside all I think I know, and all I have ever known.

The One to whom every truth brings me closer. The Great Replenisher.

**Do you have experience, strength and hope to share on spirituality?
Please send it to us at newsletter@naranonrm.org**

Upcoming RMR Events - *click on event for more info*



Carry the Message

HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

7-29-2024

Carry the Message - with NA



Rocky Mtn Region Naranon Picnic

Sponsored by BTDI
August 3 from 2-6pm

West Pavilion at Lions Park
1300 10th Street
Golden, CO

Food and Drink Provided

8-03-2024

Rocky Mountain Region Picnic



Awaken & ACT A 12th Step House Party

SAVE THE DATE
Saturday, August 17

Rocky Mountain
Region Main Room

8-17-2024

Awaken & Act House Party



LAUNCH INTO RECOVERY READY, SET, WILLING 8TH ANNUAL 2024

11-15-2024 - 11-17-2024

Rocky Mountain Convention



Rocky Mountain Region Presents AT SEA RECOVERY 7 Nights - 5 Ports Feb 2nd-9th, 2025

20 DECKS ON BOARD THE NORWEGIAN ENCORE. YOU'RE NEVER ALONE!

<https://naranonrnr.org/recovery-cruise-2025>

MIAMI, FL.
PUERTO PLATA D.R.
ST. THOMAS USVI
TORTOLA, BRITISH VI
GREAT STIRRUP CAY, BAHAMAS

2-02-2025 - 2-09-2025

Nar-Anon Cruise

The Elevator is Broken...

So Take The Steps

RMR Virtual Meeting Room; May 18, 2024

This workshop was planned and put on as a direct result of the survey and member answers to the annual RMR survey where the region learned its members are interested in more events involving the 12 steps.

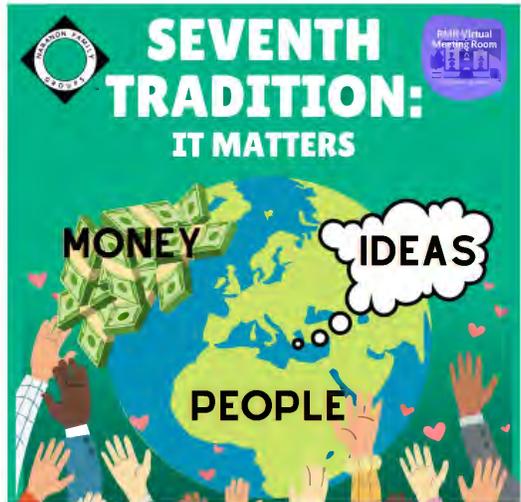
The workshop had speakers for each step and included the spiritual principles the step, slogans that helped when they worked the step, their understanding as well as the practical application of working the step, what happened when they did work the step, how they are different since taking the step and what spiritual experience did they have working the step.

If you missed this wonderful event, or wish to hear it again, the recording is now up on the Rocky Mountain Region website.

Suggested Readings:

SESH July 18, "The Twelve Steps of Nar-Anon"

[Link to Event Recording](#)



The Seventh Tradition: It Matters - House Party

RMR Virtual Meeting Room; June 1, 2024.

The Seventh Tradition is regularly mentioned though not often discussed, so this event went deeper into its meaning, how we apply it, and what opportunities are available to enrich our fellowship and ourselves even more.

Important topics were explored, such as Nar-Anon thriving from more ideas, service, money, writing, outreach, and member growth. And fun games were played. like a scavenger hunt and "Have You Ever?" questionnaire. A Vision Board was also created by everyone in attendance sharing their thoughts together.

This event was designed to speak to every member and hold the door open for anyone who wants to step into a bigger and brighter tomorrow. When you listen to the recording, you may want to have a pencil and paper nearby!

[Link to Event Recording](#)

[Link to Vision Board](#)



What's Happening Out in the World



7-13-2024

Hybrid European Convention



8-29-2024 - 9-01-2024

Nar-Anon World Convention



Service Structure Development Committee



7th Tradition Vision Committee



Booster Rocket:

My First Nar-Anon Convention

I had been coming to online Nar-Anon meetings for a couple of months when I heard members talk about 'convention'. I felt I was too new to Nar-Anon to go to convention. And anyways, what was a convention? Wasn't it something just for old-timers? I realized I didn't know what a Nar-Anon convention is, and so I asked members. I listened to others share their convention experience. I went to an RMR house party about convention to learn more.

I felt my Higher Power leading me to draw closer to Nar-Anon members and intensify my recovery. I heard members share how convention had elevated their recovery. And so I decided to go! I had just found employment after losing my previous job, mainly due to my behavior amidst active addiction. I put aside a little part of my new paycheck every couple of weeks. I had usually traveled with my addicted loved one, and I started to doubt my strength to journey alone to a different city for a convention. But I soon realized I wouldn't be alone: A couple of Narabuddies told me they had registered for the upcoming convention. I also signed up to be matched with a Convention Buddy. This person attends lots of conventions (and has loads of recovery). He texted me weeks before the

convention and we talked on the phone, told me we could meet when I arrived in Denver. My Convention Buddy encouraged me to sign up for some easy service during convention—sitting at the literature table, greeting people, helping with registration, etc. "It's a great way to serve and meet others," he said. I signed up for a couple shifts. I experienced a deeper connection in my recovery even before I left for convention. When I arrived at the hotel where convention was held, I was definitely a little nervous. But I only remember smiling faces and big hugs. (If you're not a hugger; not to worry—just let folks know.) What a gift to be gathered together offscreen with my beautiful Nar-Anon family! That weekend of in-person fellowship changed the course of my recovery. I sat next to someone at dinner who eventually became my sponsor. I met new Narabuddies. My Higher Power guided me to new service opportunities. I had expected to be the only newbie but I was wrong: for some, the convention was also their first Nar-Anon meeting. Time in recovery ranged from several hours to several decades among attendees. I experienced countless moments of strength and hope during convention weekend—little conversations in the hallway, laughter at lunch, speakers with heaps of recovery, and candlelit meetings.

Thought for the Day: In-person Nar-Anon conventions are like booster rockets for my recovery. They can carry me forward in my journey to peace and serenity. I am grateful that my Higher Power gave me the willingness to try something new. I believe I grow more true to myself as I work this program and grow closer to my Higher Power.

"Spirit can be nourished only by spirit." – Julianne Stanz

[Register here](#) for this year's RMR Nar-Anon Convention in Denver (Nov. 15-17). You can find more details on the Convention landing page.

Email questions to:

Convention@naranonrm.org

Seventh month - Seventh Step & Seventh Tradition

Step 7: Humbly asked him to remove our shortcomings

I had to admit that I am powerless, and that my life had become unmanageable. With my sponsor and my home group's guidance, I came to believe that perhaps there was a Higher Power that could restore me to sanity. Once I decided to turn my will and my life over to this Higher Power's care, making a searching and fearless moral inventory came soon after. From there, I admitted the exact nature of my wrongs to my Higher Power, to myself and to my sponsor. By this time, I was entirely ready for God to remove my defects of character. The practice of humbly asking Him to remove my shortcomings was uncomfortable at first. I am still not used to asking for help. I am willing to do whatever is necessary for peace and serenity, and the way the first 6 steps had begun working in my life, I was willing to seriously attempt a seventh step prayer.

I spent years being aware of my many character defects and trying to "work on" or "improve" them. I would wind up frustrated with myself and exacerbating the character defects I had been trying so hard to "get rid of." It wasn't until coming to Nar-Anon and building a relationship with a Higher Power that I began to accept that I was powerless over not only the addict, but so many other things as well. At first, powerlessness felt like defeat. It felt like I truly wasn't "good enough" - which is definitely my most prominent character defect: mistaken sense of unworthiness. I was powerless over *myself* in so many ways. My human power could not remove the defects of character that were running my life.

Before I got to Step 7 with my sponsor, I began using a simple 7th step prayer that I learned from a month-long step workshop: "God, please remove from me the character defect of ____ and replace it with ____."

Now that I am working on step 7 with my sponsor, my 7th step prayer has evolved to: "God, I am now willing that you should have all of me, known and unknown, seen and unseen, named and unnamed. I pray you now remove from me every single defect of character, habit, pattern, idea, attitude, belief, emotion, design for living, defense mechanism and obstacle that stands in the way of my usefulness to you. I do not know what is best. Grant me the power to live in your will and be the type of person you want me to be."

This prayer is helping me become the person I have always wanted to be. It has also removed people from my life that I did not see were standing in the way of my usefulness to my Higher Power. In the past, my reaction to some of these things being removed would have been anger or sadness, but with my new found recovery I can practice acceptance that all of this is part of my loving Higher Power's plan for me.

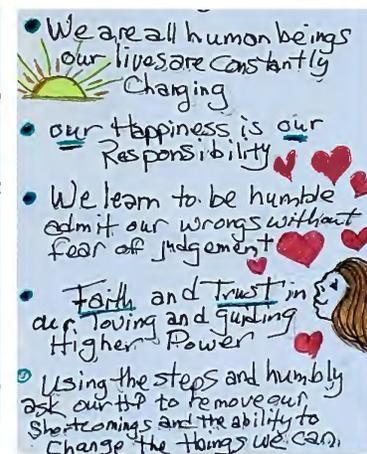
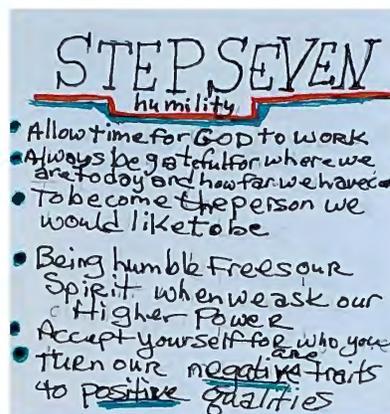
Acceptance of God's will for me is truly where it's at and I look forward to what more He has in store for me.

Suggested Readings:

SESH July 9, "Step 7"

SESH July 27, "Step 7 Removing Arrogance"

Nar-Anon 36 p 56-60



Do you have experience, strength and hope to share on Step 8, Tradition 8 or Concept 8?

Please send it to us at newsletter@naranonrm.org

*HIGHER POWER - Help me to remember,
The Traditions are for me to practice, not for me to enforce*

Tradition Seven – Every group ought to be fully self-supporting, declining outside contributions.

Tradition Seven is critical to the health of our Family Groups and our Fellowship as a whole. Self-supporting means that we, the members, are responsible for the operations and efficiency of our groups and our fellowship. This tradition tells us that we must not rely on or accept contributions from anyone or any entity that is not a member of or a part of our fellowship. We must ask ourselves what might happen if we accept services or resources from outside of our fellowship? The answer is simple, we would risk shifting the focus from our primary purpose of welcoming and giving comfort to families and friends of addicts.

So, how do we observe and practice Tradition Seven? The Twelve Traditions of Nar-Anon are the responsibility of each and every member to practice. Each member must contribute what they can, when they can, to ensure that our fellowship remains healthy and ready to support all members in their journey towards recovery.

Members contribute in ways such as showing up to meetings, sharing, welcoming the newcomer, supporting other members, sponsoring and being of service at the group, region, area and world levels of our Fellowship. Each member must grow in service starting at the group level and expanding their growth at the region, area and world levels. This is what our Fellowship's Vision Statement refers to with the statement, "encouraging growth through service". Being of service is essential to our individual growth and recovery as well as the health and growth of our fellowship.

Finally, members contribute financially to support the operation and growth of our fellowship. Financial contributions support our groups, regions, areas and the World Service Office. Groups rely on financial contributions for room rental, virtual meeting support and literature. Regions and Areas rely on financial contributions for technology/websites, service committee meetings, assemblies, conventions, outreach, phone help lines and special events. The World Service Office (WSO) relies on financial contributions to support the production and distribution of Conference Approved Literature (CAL) and to maintain the day-to-day operations of our WSO.

Each aspect of our seventh Tradition is important, but at the current time financial contributions are especially important. Prior to 2020 groups purchased the majority of literature from the WSO, but when groups stopped meeting in person, literature sales declined significantly. In 2018 literature sales accounted for \$318,000 in revenue for our fellowship. In 2023 literature sales accounted for \$169,000 in revenue for our fellowship.

Contributing to the health and growth of our fellowship is each members responsibility. Let's each do our part and make financial contributions an important part of our own program and recovery. No amount is too small. If you can contribute \$1 per meeting that is great. If you can contribute \$5 per meeting that is even better. If you can't contribute financially the other member's contributions will support you until you can contribute. In other words, we will love you until you are able to love yourself.

Suggested Readings:

SESH July 17, "Self-Supporting, 7th Tradition"
Nar-Anon Pamphlet, "Tradition Seven"



REGIONAL SERVICE COMMITTEE (RSC) CORNER – JUNE 4, 2024

All members are invited to all RSC meetings. They occur on the first Tuesday of the month at 8:00-9:15 PM MST in the RMR Clubhouse. The next meeting is July 2, 2024. Come on out. Currently anyone attending has a voice and a vote!
naranonrm.org/rmr-information/

- We are working on streamlining a way for virtual meetings and our region to collect 7th tradition monetary donations. They are hopeful to have tester buttons for donations up on the Rocky Mountain website in June.
- RM Literature Committee is working on the “Peeling the Onion” fourth step workbook for the World Literature Committee for final publication.
- Outreach Committee is seeking more members. They could especially use people willing help with technological things as well as secretarial tasks. Outreach meets Mondays at 4:00 PM MST in the RMR Clubhouse
- Technology Committee is keeping the website up and running. They are experiencing about 320 daily clicks. Be of service. Explore the website, increase our visits and visibility. Help us reach newcomers.

- Hope Line also needs volunteers. The hope line offers hope and guidance for those affected by someone else’s addiction. The committee meets the fourth Friday of the month at 6:00 PM MST in the RMR Clubhouse
- Sponsorship Committee is starting to meet and plan for the next sponsorship house party. sponsorship@naranonrm.org
- Convention Committee: ALL Rocky Mountain groups, both digital and in person are invited to put on a workshop at the Convention in November. The Convention Committee offers any and all support to help this happen.

If you have any interest in being of service with any of these committees more information can be found [here](#). Service can bring your recovery to whole new level!

World Service has asked if Rocky Mountain Region would conduct a round table explaining their process for getting their non-profit, 501C3 classification so other regions may learn from their experience.

Summer assembly is July 20, 2024 in the main Rocky Mountain room at 8:30 am MST. All are invited to attend and observe the region conduct business of the region and live out the 12 concepts of Nar-Anon. Two elections will be held at summer assembly: RMR secretary and RMR treasurer. The trusted servant duties for these two positions may be found [here](#). If interested in either of these positions, please email chair@naranonrm.org or vicechair@naranonrm.org for more information. NO experience is required, only interest and willingness to be of service.

Website Resources



Speaker and Event Recordings

Have you checked out the Audio Recordings page on the RMR website?

Recovery speakers have been inspiring and motivating people in and out of 12 step meeting rooms since the beginning. In an effort to support NarAnon members, RMR has compiled it's own recordings and they are now available on the website.

Listen to over 30 Saturday night speakers share their experience, strength and hope. New recordings are added weekly.

In addition to individual speakers we also have event recordings with topics such as sponsorship, the steps, keeping our meetings healthy, 7th Tradition and convention speakers.

naranonrmr.org/audio-recordings/

Meeting Landing Pages

Each meeting in the Rocky Mountain Region has their own meeting landing page.

There, you may find links to sign-up for service, meeting formats, link to make 7th Tradition contributions and more.

Are you a group service representative (GSR) who wants to add more details to your meetings page?

Email

technology@naranonrm.org

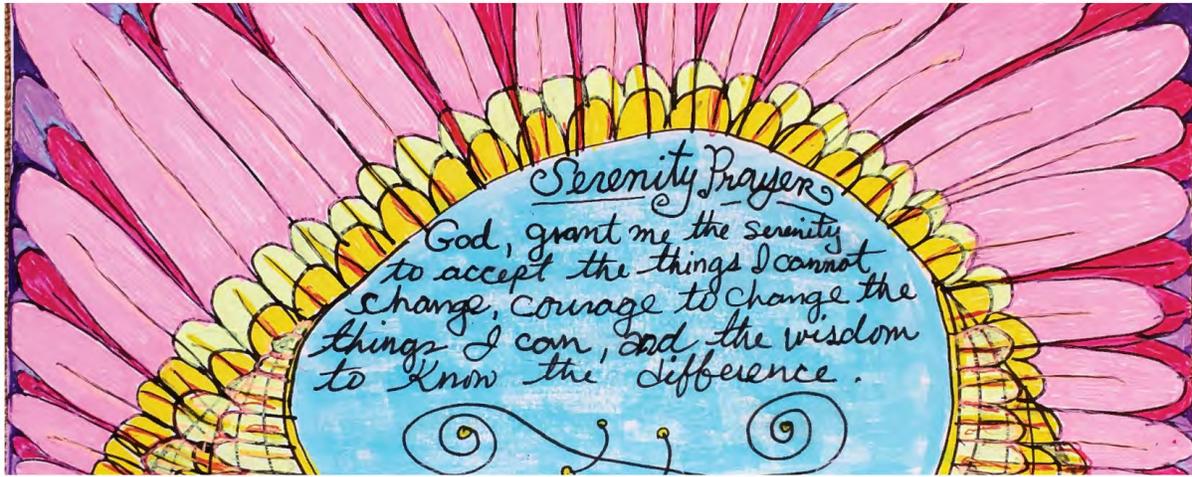


You can also email for even more recordings:

ISWU Saturday Speakers: iswutechcoordinator@gmail.com

Other RMR Recordings: vicechair@naranonrm.org

Carry the Message recordings: carrythemessagenfg@gmail.com



To our members...

Thank you for your support!

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

Newsletter Submissions

Articles and art are welcome from all Nar-Anon members. 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. Each submission must be accompanied by a signed release form before it can be published.

**** Next Issue Submission Deadline is the 15th of each month ****

Upcoming Themes:

“Work the Program Like Your Hair is on Fire”

“Newcomers, the Most Important Person in the Room”

NEED HELP?

CALL THE
HOPELINE

888-307-9890

www.naranonrmr.org





Rocky Mountain Recovery

August 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

*Work the Program Like
Your Hair is On Fire*



Of all the Nar-Anon slogans, this one stands out for its colorful imagery and unique sense of urgency. In a program where we learn that God's Will Isn't Urgent and Time Takes Time, this special slogan brings an unexpected twist and some insight... While everything else can wait, our individual progress is only as good as the work we put into our program.

For our second issue's theme, we chose 'Work the Program Like Your Hair is on Fire.' In this month's newsletter, we'll look at what it means to us.

Our personal effort and life-preserving response to the alarms going off in our head are the measures that will take us where we want to go - on our path to peace and serenity.

We'd love to hear from you! Please email your thoughts and submissions to newsletter@naranonrm.org

*Best regards,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	What's Happening Out in the World	Step, Tradition & Concept of the Month
Stories	Experience, Strength, & Hope	Summer Assembly Info	Spirituality

Are there any Nar-Anon related announcements?

- The RMR Naranon Annual Picnic in Golden, CO; August 3 -6pm MDT
- Awaken and Act: A Twelfth Step House party; August 17, 10am-2pm MDT, main meeting room
- [Nar-Anon World Convention](#) August 29 through September 1, 2024 in Washington, D.C.
- Carry the Message meeting with a speaker from NA and a speaker from Nar-Anon; August 31, 10:30am MDT, main meeting room
- Sponsorship House Party; September 21, 10am-2pm MDT main meeting room
- Our first [Nar-Anon cruise](#) is Feb. 2-9 2025

“Before coming to Nar-Anon, I was beaten down and broken over my young daughter’s drug use and constant relapse. It didn’t matter how much money I spent in rehabs, it didn’t fix her problem. I learned life skills and tools that helped me better accept and manage life on life’s terms, as well as coping and understanding some of life’s most difficult challenges. I finally am starting to feel at peace with myself, which I never realized I was missing.”

NARANONRMR.ORG/NAR-ANON-STORIES/



When my sponsor said to me, I want you to make the amends that are ready, I practically ran through the 116° heat down to the autobody shop to let them know I had \$500 to put forward for someone who had to pay out of pocket for a repair. I let him know why I had to do it, and left my name and the reason with him on an index card.

The manager matched me up with somebody within a week, and I ran down today, shaking with joy, and they ran my credit card, and that manager turned to me, his face choked up with tears, and threw his arms around me in a big, huge hug! - Julie W.

Is your hair on fire? Mine has been and I knew it was because I was in crisis mode, flailing my arms and screaming out in pain. The embers were falling on others around me but I was paralyzed in fear to help myself. I wanted so desperately to put the fire out! I tried with a little spray of control and another spray of helping but I quickly realized that it did not help me and my fire was still out of control.

If I am to be honest, my hair was often on fire because of a mistaken sense of responsibility and being drawn into the chaos of addiction. Addiction loves chaos and urgency. Crisis' erupted one after another. I allowed their urgency to be my emergency.

In Nar-Anon, I was able to get a bucket of water filled with the tools that would not only put out my fire but move me away from the addict's fire so I no longer got burned. Some of the tools of the program are meetings, reading the literature, reaching out to the support of program friends and narabuddies, learning and using the slogans, doing service, getting a sponsor and working the Steps and learning about the Traditions and how to use the principles of the program in all of my affairs.

Just as one whose hair had caught fire would put forth extraordinary desire, effort, zeal, enthusiasm and focus to extinguish it, so that person should put forth extraordinary desire, effort, zeal, enthusiasm, and focus to obtain a new way of thinking and living.
- Meg H

If I'm honest, I'm not perfect in working my program. I don't think I'm supposed to be. Sometimes my commitment, my availability, my determination ebbs and flows. But I'm no fool. I see the difference in myself and in my life when I let the ebb take over rather than the flow. When I put other things before my recovery. But as soon as that first strand of hair lights fire, I can feel what I have been missing. "It works if you work it". - Tiffany



What does
"Work the Program
like Your Hair is On Fire"
Mean to You?

Working the program like my hair is on fire means that I matter.

It means I put my recovery first.

It means I wake up and do recovery every day, just like I wake up and brush my teeth every day.

It means I get a sponsor and do the work, even when, especially when, the work is hard.

It means I use all the tools of the program.

It means I never, ever give up on myself.

It means I do not rest on my laurels.

But if I do, when I do, I forgive myself and keep going, one foot in front of the other, shoulder to shoulder with my sponsor, coming back into viewing distance of you.

It means going to meetings even when I don't feel like because I might be the voice that you need to hear and because someone was here when I first got here.

It means having the courage to recognize my character defects and love myself anyway.

It means accepting my circumstances like I chose them.

It means I work a program of rigorous honesty.

It means I take my inventory, not yours (as much as I might want to)

It means turning toward my pain, becoming curious about it, instead of hiding from it or feeding it.

It means knowing I'm not alone, and that you will love me until I can love myself.

And because I work this program like my hair is on fire, just for today I can tell you with rigorous honesty that just for today I love myself.



A Member Shares

Question: I've started to do my step work on my own, but I've been told it's best done with a sponsor. Why?

There's nothing I can't do on my own! After all, I've been doing it "all" on my own for years now! All of it! And it's all getting done. It's fine. It's fine.

This all too familiar story cycled in my head, no, in my whole body and soul, over and over again. It's what's kept me going. I've got this. I've got this.

Alright, I'll try Nar-Anon. I'll go to the meetings. Okay. I'm here.

Alright. I'll talk. I spoke.

Alright. I'll do step work. I got the book. I'm answering the questions.

I'm doing it all. I am doing it all.

Why is it not getting better?

There came a point for me where I finally hit my "rock bottom" and when I did, I actually listened and it was then I realized that my insistence that I do it all, and do it all alone, was what was keeping me in this cycle of hurt.

I needed to let go and let God, but before I could even do that I needed an even smaller step: I needed to let someone else in, someone who has been where I've been, who has walked the "I can do it myself" road, swam the "I've got this" ocean and finally saw the shores of "I don't have to do it alone".

We can all answer the questions in our [Nar-Anon 36 step working guide](#). Sure. But when we seek out a sponsor, the questions that we were just answering in a book turn into a walk through our deeply and firmly held secrets and beliefs. The ones we weren't even ready to admit but somehow come tumbling out when we realize we don't have to be trapped inside our own heads alone with them anymore.

A sponsor is "I am not alone anymore" on fire! A sponsor is "I don't have to be afraid" written in lightning! A sponsor is, in my case, the staircase I was desperately seeking in order to find my Higher Power, Who, in turn, can take my recovery to a place I never even imagined.

Let go, and let... a sponsor in.

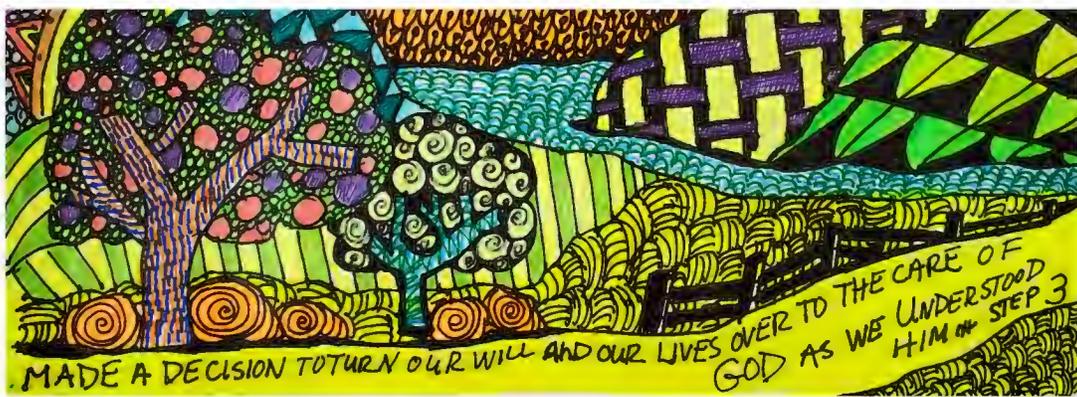
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Suggested Readings:

SESH February 5 "Just for Today"

SESH October 8 "Keep Coming Back"

Next Month's Question: "I'm new to Naranon, and I feel like every time I share it's just me crying or angry about my addicted loved one. As a newcomer, is it better if I just sit quietly and listen?"

Do you have experience, strength and hope to share with this member or would you like to ask a question?



Spirituality Section

Dear Creator, Spirit, Guide, God and Higher Power,

You are enigmatic, powerful, simple and without agenda. You are indwelling. You shine, you inspire, and you help me be of service. You give my life purpose.

You are the Gift Giver, the Source of the metaphor, the Image Weaver in my dreams, the Spirit Keeper that pours in through my crown chakra and lives in my heart.

You guide me. You nourish me. You steady me. In my contact with you, I am spiritually nourished and fed.

I train in your fitness—that I might trust you, and be able to give signature to your essence.

You are the Thirst Quencher, the Liquid Light of Love, and the Ink that inscribes the Divine Design.

You answer the Question that made the Question.

You are the Poet, the Artist, and the Divine Song that moves through me.

You are the Channel of Creativity that is unique to me, that can flow through only me. You are visionary, and able to roam, to move, to use me, while holding me stable at your core.

I stumble around, seeking, and I find cupfuls and spoonfuls of your water. I drink them, as I am finding my way to the River. You keep guiding me toward the headwaters, the Secret Source, the Fount of the Spring until I am standing in it.

Your water is bright and gentle, like a river of stars, and when I am conscious of my contact with you, I am bathed in starlight. You are the Source of inspiration and renewal and wisdom.

I am the receiver of all this, the receiver of you.

One of my favorite names for you is Inner Friend.

**Do you have experience, strength and hope to share on spirituality?
Please send it to us at newsletter@naranonrm.org**

Upcoming RMR Events - *click on event for more info*

CONVENTION LIFT OFF!

LAUNCH INTO RECOVERY READY, SET, WILLING 8TH ANNUAL 2024

- CONVENTION SESH
- SPIN THE WHEEL & WIN A NAR-ANON GIFT CARD
- WORKSHOP PREVIEW
- INFORMATION

ROCKY MOUNTAIN REGION

8-01-2024

Convention Lift Off (Virtual)

Rocky Mtn Region Naranon Picnic

Sponsored by BTD
August 3 from 2-6pm

West Pavilion at Lions Park
1300 10th Street
Golden, CO

Food and Drink Provided

8-03-2024

Rocky Mountain Region Picnic

RMR 501c3 Conversation

August 11, 2024 | 2 hours
12 PM PDT | 1 PM MDT | 2 PM CDT | 3PM EDT

Sharing our experience, strength, and hope with other regions regarding incorporating as a non-profit in Colorado, USA

The Rocky Mountain Region invites region officers and all interested members to a discussion on Legal Entity - our experience with incorporating as a 501c3

- Why did we want to be a 501c3?
- What preparation did we need to do?
- What help did we need?
- What challenges did we overcome?
- What is it like now?

8-11-2024

501c3 Conversation

Awaken & Act
A 12th Step House Party

SAVE THE DATE
Saturday, August 17

Rocky Mountain Region Main Room

8-17-2024

Awaken & Act House Party

Carry the Message

HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

NAR-ANON & NARCOTICS ANONYMOUS SPEAKERS

8-31-2024

Carry the Message - with NA

THIS IS A WE PROGRAM, DON'T DO IT ALONE

Join us
Saturday Sep 21
10AM -12PM MT

www.naranonrm.org

9-21-2024

Sponsorship House Party

Upcoming RMR Events (cont'd)

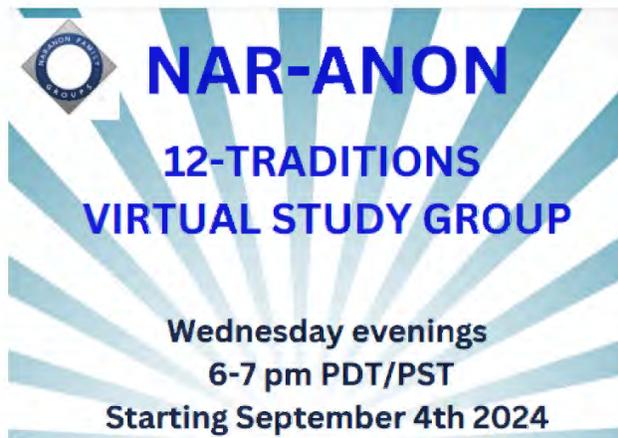


11-15-2024 - 11-17-2024
Rocky Mountain Convention



2-02-2025 - 2-09-2025
Nar-Anon Cruise

What's Happening Out in the World



Starting 9-04-2024
12-Traditions Virtual Study Group



8-29-2024 - 9-01-2024
Nar-Anon World Convention

Summer Assembly

July 20, 2024

The Regional Service Committee Summer Assembly occurred on July 20, 2024. There are two assemblies held each year. The assembly is where voting for officers, setting the annual budget and the business of the region is conducted. Subcommittees report out and GSR's are given information to share with their Nar-Anon Family Group.

First order of business was updating the [Rocky Mountain Region's Guidelines](#). Guidelines help the region run and continue to follow the [traditions and concepts](#). Also the Group Service Representatives (GSRs) orientation was updated.

Next on the agenda were elections. Your new Regional Service Committee (RSC) trusted servants are as follows:

RSC Secretary: Bill L from Montana

RSC Treasurer: Terri T. from Arizona

RSC Alt Treasurer: Shaina D. from Ohio

Day of Sharing Chair: Michelle A-C. from Colorado

The Rocky Mountain Region is in need of a Narateen Chair and a NTPP (Narateen Process Person). The RMR has Narateen guidelines and training materials for facilitators but needs these positions filled to begin helping teens affected by someone else's addiction. If you are so led, please ask questions! All duties and responsibilities are listed in the [RMR guidelines](#).

Next, regional committees reported out. A couple of notes from a few are as follows:

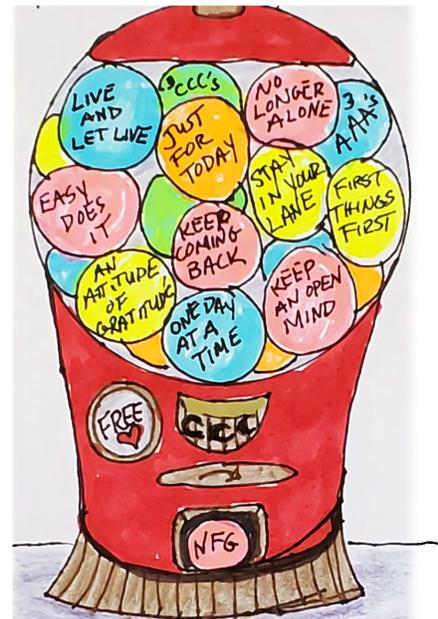
- **Tech Committee:** Your meeting landing page is yours! Email Technology@naranonrm.org to add links, files or details.
- **Newsletter Committee:** We need content... Member, Group, and Region submissions are welcome! Entries and [Consent Forms](#) can be emailed to Newsletter@NaranonRM.org
- **Convention Committee:** If your group would like to lead a workshop, it is not too late to sign up! Please [email us](#) by August 7th. It's easy, we will help you, and it is a way to come to convention with purpose and have a great experience. Help us be a record-setting convention. Our new location is in Denver and close to the airport; it is lovely and easy to get

to. Our agenda is chock full of amazing workshops with diverse voices. We want to break the triple digits - in attendees not temperature. Please sign up and show up for your own recovery. Experience the strength and hope of your fellow Nar-Anon members - IN PERSON!

If you have any interest in serving with or exploring any committees in the Rocky Mountain Region, more information can be found [here](#).

Service can bring your recovery to a whole new level!

All members are invited to all RSC meetings. They are on the first Tuesday of the month at 8:00-9:15 PM MST in the RMR Clubhouse. The next meeting is September 3, 2024. Come on out. Currently anyone attending has a voice and a vote!



We want to hear from you! Articles, poems, reflections and art are welcome from all Nar-Anon members. Share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit to newsletter@naranonrm.org. Each submission must be accompanied by [a signed release form](#) before it can be published.

** Submission Deadline is the 15th of each month **
Upcoming Themes:

- "Newcomers, the Most Important Person in the Room"
- "It Works If You Work It"
- "You Are Never Alone"

We welcome all submissions; they do not need to be focused on the upcoming themes listed. 24

Outreach

Only you can carry the message of Nar-Anon!

Do you care about the person who is isolated and alone, and is feeling hopeless and sinking into despair? Come help us reach people still suffering from from the family disease of addiction!

Our Outreach Committee meets every Monday to share our ideas and our experiences, to give each other feedback and support, to explore and create new Outreach tools, and to make plans about how to best carry the message of Nar-Anon back into our communities. You don't have to live in Colorado! Our Outreach members come from all over the US, and may come from anywhere in the world. Bring your voice, your ideas, your vision and your experience!

Good at taking notes, and know your way around a Google Drive? Good! We need a Secretary!

Together, we can let people know Nar-Anon exists, and help our fellowship find and reach the still sick and suffering family members! We meet every Monday at 4 PM MT in the Clubhouse. Anyone and everyone is welcome. Questions? E-mail outreach@naranonrm.org or simply come join us!

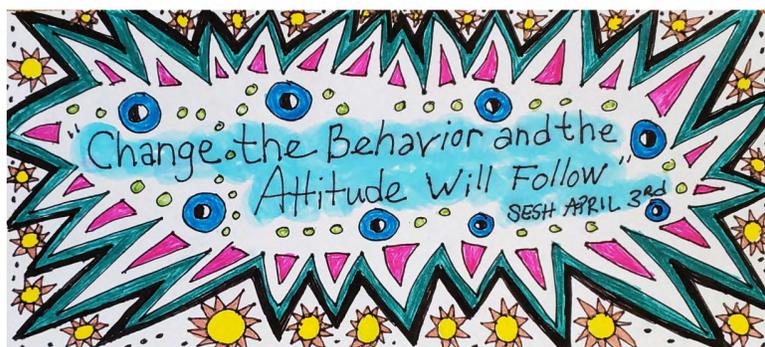
I'd been trying to figure out what service I wanted to sink my teeth into but came up with nothing. That is, until my ALO was allowed drug court, rehab and residential treatment after spending 1 year in jail. During that time, I had many conversations with all 3 establishments. I was completely taken aback when I learned that none of them knew a thing about Nar-Anon. I couldn't wrap my mind around this!! I mean, How is this even possible??? Every drug addict in drug court, rehab and residential treatment have family members that NEED Nar-Anon!! As a result of this, I have now found my service to Nar-Anon...Outreach! - Rena O.

Outreach service is ingrained deeply into my soul each time I become aware that there are so many families and friends that haven't yet come to a meeting, hear a member of the recovery community say they have never heard of Nar-Anon, and every time I break my own anonymity to someone I trust who has no idea that our groups exist. I constantly think to myself, "How can we be found?"

Recently, I have taken to printing copies of Nar-Anon Offers Hope pamphlets and pull tab flyers and keeping them in my car. These items are available for free download at nar-anon.org/outreach. There is even a flyer where you can put meeting information on the pull tabs if you want. Health departments and libraries in my area have public resource areas near the front where anyone can place these items without them being thrown away. I have been taking the pamphlets and flyers around to these locations. I have also started taping the pull tab flyers on bus shelters and anywhere else, like the back of a bathroom doors in public places. I recently listened to other members' share that they tape them up in laundry mats and pawn shops too.

Anyone can do outreach no matter how long they have been coming to Nar-Anon. It can help members practice part of Step Twelve to carry the message to others. This passive way of putting literature out into the community is also a way to maintain one's anonymity if so desired.

I have made a decision and taken action. I must let go of outcomes and hope that the folks that we hold a moment of silence for every night, find their way to our rooms.





Nar-Anon Convention: From coasting in recovery to firing on all burners

A member once shared that when she notices herself coasting in her recovery, things are probably going in a downhill direction, as if the engines have powered down and gravity begins to pull us out of orbit from our higher power. Maybe we feel we don't need meetings anymore because our addicted loved one is doing well. Perhaps our work and personal commitments overtake the time we dedicate to our recovery. After pulling back from service and step work, maybe we notice we're quicker to react with irritability or grow angry at ourselves and others.

Attending a Nar-Anon Convention allows us to reignite our recovery and fire on all burners: stepwork, service, and fellowship. During in-person conventions, we realize that we are not alone on our recovery journey. In addition to sharing experience, strength, and hope in workshops and activities, we share hugs, meals, laughter, and the joy of recovery. We return from convention with more God-centered hope, recovery tools, and friends. We find willingness and courage to turn off the auto-pilot and put our Higher Power back in the navigator's seat.

Suggested Readings:

SESH, "Acceptance and Willingness" July 14, pg. 196
Sharing Recovery: Serenity Connection Collection (blue cover), "Mini-Convention Share" pg. 66.
SESH, "Courage to Start a Meeting" January 14, pg. 14



Serenity Prayer

God, grant me the **serenity** to accept the things I cannot change, the **courage** to change the things I can, and the **wisdom** to know the difference.

I love the Serenity Prayer.

My god is really good at granting me serenity to accept the things I can not change. He is also really good at helping me change my perspective, so long as I am willing. I rarely find myself in a situation where there is not *something* I can change.

I cannot change what has happened in the past. I can change the lens through which I view it and I can do differently today.

I cannot change the words or behavior of others. I can change how I perceive & respond to them.

I can change my people-pleasing to God-pleasing.

I can change my self-sabotage to self-support.

I can change my cowardice to courageous behavior.

I can change my judgment to mercy.

I am so grateful that there's so much to change in me.

God, grant me the serenity to accept the people I cannot change, the courage to change the person I can, and the wisdom to know that person is me.

Suggested Readings:

"Finding Serenity" Nar-Anon 36 Steps 1-12 p to 26
SESH July 4 "The Serenity Prayer"

[Register here](#) for this year's RMR Nar-Anon Convention in Denver (Nov. 15-17). You can find details and agenda updates on the Convention landing page. Convention registration scholarships are available. For more information, please email: Convention@naranonrm.org

Eighth Month - Eighth Step - Eighth Tradition - Eighth Concept

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

By the time I arrived at Step 8 with my sponsor, I already had a list of persons I had harmed going. There were quite a few people that it had become clear in my searching and fearless moral inventory of Step 4 that I had harmed. Most of the people on my resentment inventory made it onto my Step 8 list. This is a true testament of how this program works and of my healing. Folks that I had previously had a resentment with were now on a list of people I realized I have wronged and that I am willing to make amends to.

As I settled into reading about Step 8 in our step working book, praying for God's guidance and answering questions, I realized that I had already finished the second half of Step 8. I am willing to make amends to everyone I have harmed. I want to acknowledge my wrong doing. I want to right my wrongs, to the best of my ability. When I'm not sure how I could possibly make something right, I want to ask them how I can. I want to be forgiven for my transgressions. And while I am fully aware that it is on the other party to forgive me or not to forgive me, I am completely willing to be vulnerable and put myself out there and ask for forgiveness. I have listened to enough [speaker tapes](#), been to enough [step studies](#), participated in enough step workshops, been to enough conventions, read enough of our literature and heard enough people share that I am fully committed to this process and I want to experience the freedom that I know is possible if I work all of the steps.

I am continuing to work on the list of all persons I have harmed. I am fortunate enough that many of the things I have experienced and things I have done, my mind has protected me from. I can't not remember much of my life. I pray for awareness; I

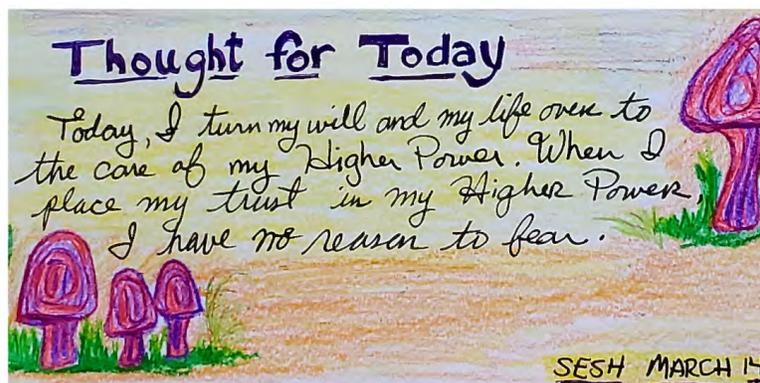
ask God to show me what I need to see. I ask for His guidance when it comes to making this list. I listen to my fellow Nar-Anon members and work with my sponsees and my sponsor and as they share parts of their story with me, I am reminded of things I have done and ultimately people I need to add to my amends list.

An important piece of Step 8 is to remember that I am merely making a list and becoming willing to take action. Step 8 does not include any of the actual amends process.

I have heard many members share of the importance of putting ourselves on our 8th step list. I heard a speaker share the suggestion of "do this work. Make amends to everyone on your 8th Step list and see if you still need to have yourself on that list" and that's what I'm going for. Clearing up the wreckage of my past is removing the resentments I have with myself. I am healing. Slowly, a new person is emerging.

Suggested Readings:

Step Eight, Nar-Anon 36 Steps 1-12; page 61-63
SESH August 23 - "Step Eight"



HIGHER POWER - Help me to remember,
The Traditions are for me to practice, not for me to enforce

Tradition Eight – Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

I have been in therapy on and off since I was a teenager when my father died of an overdose. And yet, when I came to Nar-Anon, for the first time, I began to feel better. I began to understand the disease of addiction, my father's life, our relationship, and my life in a new way. I saw that my dad was doing the very best he could, and that he loved me. For my entire adult life, I made sure I started any story about him by saying that he loved drugs more than he loved me. When I finished my fourth step, I knew that was a lie I'd been telling myself. I was free to see and feel the love that had always been there - the love that those same therapists told me about but I could not get to.

Our message - to come to meetings, get a sponsor, work the steps, do service, and have a spiritual awakening - did for me what no professional had been able to do. It gave me freedom, serenity, and joy. So, when we read the words in the Eighth Tradition " Nar-Anon should remain forever nonprofessional," what we are talking about is that our message and our primary spiritual aim of helping the friends and families of addicts is enough. We, as people who have suffered and then came to believe, we have enough to help each other to do the hard and necessary work of recovery. We are not saying therapy, medicine, law, or any of the professions that touch our lives when we deal with the family disease of addiction are not helpful. In fact, if we need them, they are utterly necessary. What we are saying is that they won't get us to our Higher Powers and thus to recovery.

As a person who has been profoundly impacted by addiction in many many relationships in my life, I have the understanding of what suffering family members and friends feel. As a person who has worked the steps and had a spiritual awakening as a result of doing so, I have something to offer - the

program and the design for living it gives us. I have the almost hundred years that twelve step recovery has been around. I have the experience, strength, and hope of my home group, my sponsor, and all the people I have heard share in meetings. Our groups, and our members, are not professionals who provide professional services. We are just a fellowship of people who have been touched by the family disease of addiction giving to each other what has so freely been given to us.

What qualifies us to do the work in Nar-Anon is us. That is a little bit of a pun. It used to be a thing to say "my qualifier is my _____." But then people started to say "I am my own qualifier." And that is true, we are our own reason for being here. The other side of the pun is that we are qualified to help each other by virtue of the fact that we have done the work, found a higher power, and through that process found a new way to love. Luckily it is not possible to get a degree in Nar-Anon, only to live as an example of the peace and serenity that is possible when we practice the principles of the program in our lives.

We usually think about the Eighth Tradition as a warning not to put professionals on a pedestal, or to treat people in our meetings as professionals if they happen to have a job in, say, addiction recovery, therapy, or law. That's the warning of the tradition. But, every tradition has both a warning and a promise. The promise of the Eighth Tradition is that we have what we need to recover right here inside of Nar-Anon. We have enough, we are enough, and the simple program given to us in the Twelve Steps can and does work. The only authority we have is a loving higher power and that's all we need to find a new way to see ourselves, the people we love, and the world in which we live.

Suggested Readings:

SESH August 5th

Our Traditions - Section on Tradition Eight

Do you have experience, strength and hope to share on Step 9, Tradition 9 or Concept 9?

Please send it to us at newsletter@naranonrm.org

HIGHER POWER - Help me to remember, The Concepts are for me to practice, not for me to enforce

Concept Eight – Regular, two-way communications are essential to the fulfillment of all these concepts and the integrity and effectiveness of our services themselves.

Concept 8 is the ideal that Nar-Anon members and trusted servants are working towards. Let's break this down some.

- Regular: consistent or habitual in action, conforming to a standard or to a generally accepted rule, on a schedule.
- Two-way: moving in both directions. In Nar-Anon communication moves both vertically and horizontally.
- Communication: the giving and receiving of information.
- Essential: necessary to make a thing what it is, indispensable.
- Fulfill: to carry out something promised, desired expected, etc.
- Concepts: Nar-Anon's 12 concepts or ideas of service
- Integrity: the quality of being unimpaired, upright, honest and sincere.
- Effectiveness: ability to produce a desired result.
- Services: an activity carried on to provide people with the use of something.

Nar-Anon's vision is to carry the message of hope throughout the world to those affected by the addiction of someone near to them. To best complete our mission, communication needs to happen vertically, both ways. The levels of service in Nar-anon include World service,

Region service, Group service, Committee service and Members. Nar-Anon's aspiration is that all these levels communicate regularly and efficiently with each other so to further our reach and message to those that are still suffering. In addition, communication needs to occur horizontally. Members working together at any level need to communicate on their part of the progress towards a committee's goal.

The World Service Office and the Regional Service Committees and subcommittees want to serve the members of Nar-Anon. They send information to members through Group Service Representatives (GSR's) who report during group conscience or meeting announcements. When asked for feedback, it is hoped and suggested that groups and members send feedback back through the channels of communication.

How can you help uphold Concept Eight? Please find a home group. Attend their group conscience meetings. Listen to the GSR reports. Provide feedback. In this digital age, check and send emails in a timely way, peruse the websites. Join a committee and learn to practice the principles of Nar-Anon in all your affairs, starting with other Nar-Anon members in service. How do I practice Concept Eight? I became a GSR for my group. I attend RSC and Assembly meetings and bring that information back to my group. I bring any information from my group back. I am on committees to work together to further the goals of Nar-Anon. I communicate often with members of the committees to report progress and ask for assistance if I need it. Concept Eight has spilled over into my regular life as well. I attempt to communicate effectively with everyone and to do so in a way that will most benefit progress toward goals.

Do you have experience, strength and hope to share on Step 9, Tradition 9 or Concept 9?

Please send it to us at newsletter@naranonrm.org

Website Resources



Speaker and Event Recordings

Have you checked out the Audio Recordings page on the RMR website?

Recovery speakers have been inspiring and motivating people in and out of 12 step meeting rooms since the beginning. In an effort to support NarAnon members, RMR has compiled it's own recordings and they are now available on the website.

Listen to over 30 Saturday night speakers share their experience, strength and hope. New recordings are added weekly.

In addition to individual speakers we also have event recordings with topics such as sponsorship, the steps, keeping our meetings healthy, 7th Tradition and convention speakers.

naranonrmr.org/audio-recordings/

Each meeting in the Rocky Mountain Region has their own meeting landing page.

There, you may find links to sign-up for service, meeting formats, link to make 7th Tradition contributions and more.

Are you a group service representative (GSR) who wants to add more details to your meetings page?

Email

technology@naranonrm.org

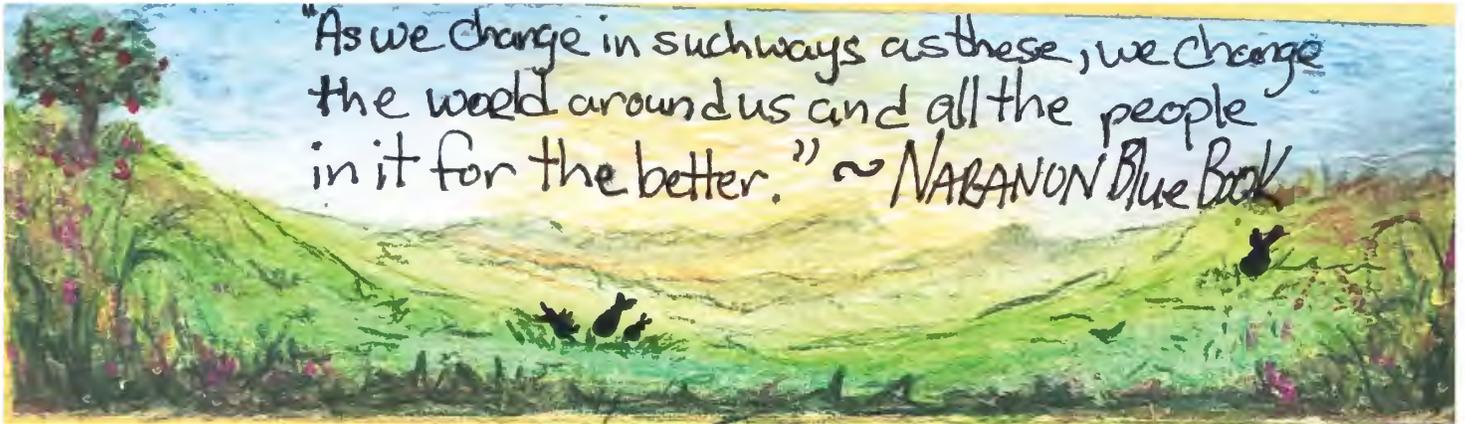


You can also email for even more recordings:

ISWU Saturday Speakers: iswutechcoordinator@gmail.com

Other RMR Recordings: vicechair@naranonrm.org

Carry the Message recordings: carrythemessagenfg@gmail.com



To our members...

Your outpouring of interest has been so uplifting.

*Thank you for helping us to get this newsletter
off the ground!*

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

Newsletter Submissions

Articles and art are welcome from all Nar-Anon members. 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. Each submission must be accompanied by a signed release form before it can be published.

** Next Issue Submission Deadline is the 15th of each month **

Upcoming Themes:

"Newcomers, the Most Important Person in the Room"

"It Works If You Work It"

NEED HELP?

CALL THE
HOPELINE

888-307-9890

www.naranonrm.org





Rocky Mountain Recovery

September 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

“The Newcomer is the Most Important Person in the Room”

“You are a Member of Nar-Anon if you say you are, even if this is your very first meeting”



We’ve all been there... Day 1, entering our first Nar-Anon room, with little or no idea of what to expect. We got our first glimpse of something... Maybe something we wanted, maybe something we weren’t ready for yet.

And we came back. Maybe the next day, week, month, year or more later. Something brought us back.

We all have different stories about what got us here, attending our first meeting (if we remember!), and why we keep coming back. We are united by the journey, the same first step into this program of recovery, the unparalleled understanding of the people in the rooms.

In this issue we contemplate the Newcomer and present a myriad of thoughts that topic sparks.

*Enjoy!
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	What’s Happening Out in the World	Step, Tradition & Concept of the Month
New Conference Approved Literature	Experience, Strength, & Hope	Meeting Birthdays	Spirituality

Are there any Nar-Anon related announcements?

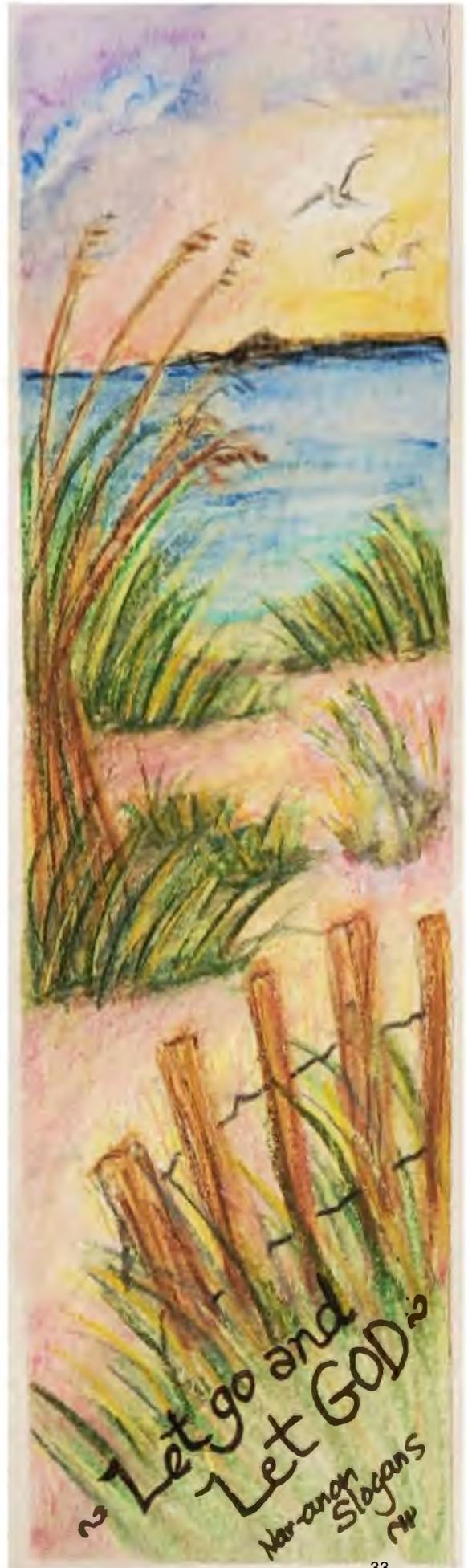
- Sunday, September 8th at 1:00pm MT in the main RMR room - cruise information session.
- Saturday, September 21st 10am MT in the Main Room - "This is a we program, don't do it alone". Learn about sponsorship and how to build your Nar-Anon family.
- Wednesday, September 25th, 7am MT in the Main Room - Sunny Side Up meeting is turning 1
- Carry the Message meeting with a speaker from NA and a speaker from Nar-Anon; September 28, 10:30am MDT, main meeting room
- The Nar-Anon 4th Step Workbook is not available on the Nar-Anon webstore!

The wait is over!

The Nar-Anon 4th Step Workbook A Collection of Inventories is now available in print and digital formats (in the near future)

"Working our 4th step opens our minds to another way of thinking, a new way of seeing the world around us, and a different way of being in relationship with others. Honesty and awareness replace self-deception. Our trust in our Higher Power and the Nar-Anon program grows. Freedom from our past becomes a reality for us. We are ready to make changes and find a different way to live our lives. We uncover the defects of character that block us from serenity. Even before we finish, we become ready to set right any wrongs we discover." Nar-Anon Family Groups, 4th Step Workbook A collective of Inventories Introduction, page 2

[Click here to go to the Nar-Anon Webstore](#)



Are the Newcomers really the most important person in the room?

The highest rank in Nar-Anon is member. When I consider the traditions and concepts, claiming one member is more important than another just doesn't add up. All members in Nar-Anon are equal and equally important. It takes every member to continue to fulfill Nar-Anon's mission to offer hope to those affected by the addiction of someone near to them.

The people who made a difference in my recovery has changed throughout the years. When I first started, I wanted to hear from those who came before me. The members who were working the steps, leading topics, reading the format, and holding service positions were important to me. I wanted what they had. I wanted to follow in their footsteps.

After I worked the steps with a sponsor, I became willing to give back to others what was so freely given to me. In this case, the newcomer became my focus. I was ready to sponsor others. My willingness to offer support and friendship to new members grew.

At one point, the most important people became the ones who started their shares with, "I use to come to program and then I stopped." If someone said this in their share I listened. I saw how easy it was to leave and I wanted to ensure that I stayed so it was these shares that held my attention. They still do.

For me, if I am to be humble, I must embrace the truth that we are all equal and have something to offer. The member who sits in silence is just as important as the loudest voice in the room. I believe that there is someone in the room that only I can help and vice versa, there is someone in the room who is there to help me. The Nar-Anon program is reciprocal. We thrive when we gather together for mutual aid.

I must consider how I treat all members, not just newcomers. Am I kind, supportive, available, understanding, or comforting to everyone? Do I love and accept each member even if I do not relate or agree with them? When I acknowledge the importance of all members, I live the principles of Tradition One, "Our common welfare must come first, personal progress for the greatest number depends on unity." - Anonymous

"The Newcomer is the Most Important Person in the Room"

One of my great joys this last year has been to see successive rounds of newcomers come in and stay! They turn on their cameras, they open up their microphones and let us know who they are, they start coming to the Group Conscience, and to the Traditions and Concepts study. They begin showing up on Service committees!

"To make new friends and watch a Fellowship grow up around you," has truly been one of the irreplaceable gifts of my recovery these last several years. - Julie W.

I remember my very first meeting, clear as day: I was a mess! I was confused! And I had absolutely no idea what Naranon was. I signed on, and didn't even listen to a word that was said, I couldn't, it was like I was living 100 feet below water and everything around me was muffled. So I just unmuted my mike and word-vomited every thing my addict had done to me!

Then a member came on and said, "please remember that newcomers should wait until the end to share".

I was mortified. Signed off immediately. And didn't come back for months.

It doesn't matter if you think that member was right or wrong. What mattered was that, albeit not immediately, I kept coming back. I pushed through yet another obstacle trying to deter my recovery. The mustard seed of hope had been planted: that there was a place for me. That I wasn't alone.

I came back. I shared. I listened. And I would do it all over again.

Now I realize how important even my very first share was: for me and for others to hear. - Anonymous

My Nar-Anon Journey

I came into these rooms of Nar-Anon in the Beginning of November 2022. At the time I knew I was severely depressed, hopeless, my life was totally unmanageable, I was sick and tired of everything and everyone and was desperately seeking help. I had no idea what to expect in the beginning. I was numb.

BUT

The people in these rooms were kind and knew I was fragile. They kept saying, "Keep coming Back." So I did. Soon I learned I should attend 90 meetings in 90 days. Well, that didn't happen. I attended 190 meetings in 90 days. People in these rooms were just like me. They all had the same issues, maybe a little different, but I felt I was not ashamed to share.

THEN

I kept hearing get a sponsor and work the steps. OK, I can do that. But the first three people I asked had to say no. I did not take this personally, but I was getting concerned. I started working the steps myself. I got to step 4. The Peeling the Onion part. Well, back to searching for a sponsor. I found my sponsor because I had a Higher Power that led me to her. So now, I began working the steps with my sponsor. Big difference with a sponsor compared to doing them by yourself. At the same time, I began working the steps with a step group. I liked this because it gave me a different perspective of how others would answer the same questions. Our step group dwindled down to three consistent people. We kept going just like my sponsor and me.

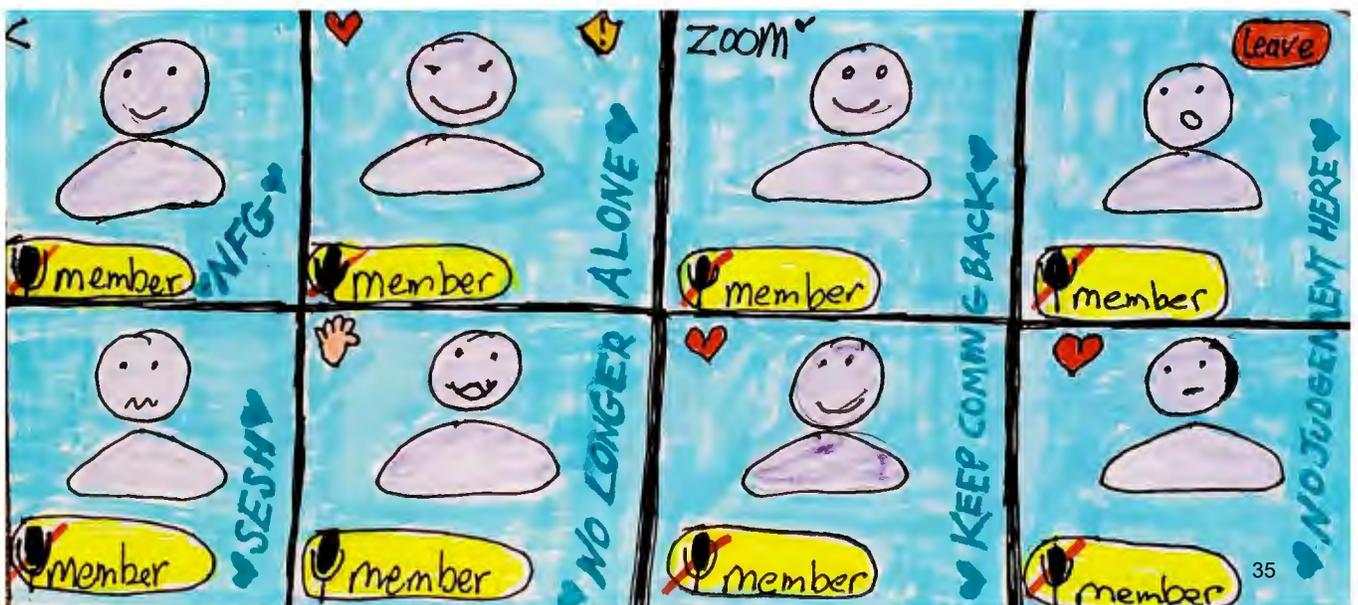
And guess what? As it says in our blue book, "As we reach out for help, we become ready to reach out a helping hand and heart to those in need of Nar-Anon. We understand. We do recover. Slowly, new persons emerge. Change is taking place." People around me started to see the change in me. I would excuse myself from going out because I had a meeting or a commitment to the group.

SERVICE

This part of the program took my recovery to a new level. I started serving in the daytime groups as topic lead and format lead. Then I started doing format for ISWU and some topic leads. This group usually has 120 people in it. I was helping to support our groups while also feeling good and gaining a stronger recovery for myself and my group. Soon I had the guts to apply for an IT host for ISWU. I thought, "Wow, I got the IT host position for a year and loved and learned from this." I am now on some committees and strive to keep our meetings healthy. I am an alternate GSR for two meetings. And I'm presently an announcer for ISWU. I want to give graciously the gifts of Nar-Anon that I have received freely.

I finished my 12 steps with my sponsor and my step group within hours of each other on July 11, 2024. A big day for me.

Now I'll start working the traditions. I am blessed to have found the gift of Nar Anon and will be forever indebted to them for my new life. One filled with peace, serenity and joy. - Colleen B.



The Newcomer- The Most Important Person In The Room

The Newcomer- The Most Important Person In The Room

First, if a newcomer has found their way to this newsletter, Welcome! I have been hoping you would find us and waiting for you to get here!

I remember well my first meeting. I'm not much of social, group kind of guy, and coming to the room was difficult for me. But my first meeting was at the beginning of covid and virtual, and it made it easier to hide amongst all the other boxes on my phone screen. But I knew that everything I had tried for several years had not fixed the drug addiction of my son, my Addicted Loved One. But I was committed to fixing my son's addiction. Yes, I hear the long timers laughing at that, and of course that is not the purpose of our program. And yes, this is OUR program, not THE program.

Despite my best efforts to hide, as I logged in and was getting settled, I heard the now familiar, "Hi Charlie! Welcome!" which helped to break the ice. I was apprehensive, not knowing what to expect out of the meeting. As the meeting progressed, I couldn't help but notice the camaraderie and love in the room, the mutual concern amongst the attendees. There were things I was uncomfortable with, didn't understand, and I wondered if this program really was for me.

But during the meeting I heard that to get a basic understanding of the program it would take five or six meetings, and to keep coming back. I logged off at the end of the meeting, wondering if I would come back. But I knew I couldn't do this alone and did log back in the next night, and the next, and the next. Despite not understanding everything, when I would log off, I felt a sense of solace and peace. So yes, I kept coming back.

Now years later I look back and realize how pivotal that first meeting was to my recovery. I imagine that if I had not come back, there is a good chance that my life would still be broken, bruised, and numb. Every meeting I attend I find myself thinking of the newcomers, "Please, please keep coming back, I want for you what this program has given to me."

Each meeting is like a medical triage center, each attendee is in a different state of recovery and in need of help. But that first meeting most newcomers are figuratively bleeding out, as I know I was. They are the most critical, and in need of the most immediate help. I would just be hopeful we can remember this in our meetings, and when we share in a meeting, being mindful of the newcomer and their needs, and making them the most important person in the room. - Charlie



**LUCK HAS NOTHING
TO DO WITH IT**



"I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess." ~ Martin Luther



SESH MAR 17TH



A Member Shares

“I’m new to Naranon, and I feel like every time I share it’s just me crying or angry about my addicted loved one. As a newcomer, is it better if I just sit quietly and listen”?

For me, I needed to find a balance between throwing up all over others and bottling it all up and living in isolation. I quickly found that a few close Narabuddies was exactly what I needed. Once I got a sponsor I learned to share certain things with them, other things in meetings and the mess with my program friends one on one.

No!

Nar-Anon meetings are a safe place & you can either sit quietly or just listen if this is what you're comfortable doing. For some people, it takes a little time to get used to being in a safe place & others are anxious to share quickly & release their feelings & concerns ASAP. It all depends on what works best for you as an individual. You can also grab telephone numbers that you can find by members' names or in the chat to ask any other questions you may have. Listening or sharing are both helpful, depending on what you're need is at that time. Glad you have found us & just continue to keep coming back.

Listen to learn, share to heal... this is a We program, it's a process, keep coming back.

I often cry when I share. For a long time I was unable to cry because I was in so much pain I felt like if I started I would never stop. When I came to Nar-Anon, I felt such comfort and understanding that I was finally able to release some of the pain and cry while sharing. I still do and I empathize with others who cry. We try not to talk about our ALOs too much when we share, because it's not about them, it's about us. I can talk about how frustrated or angry I am, or how I reacted inappropriately, without mentioning exactly what happened. I have learned that gossiping about my addicted loved one doesn't help me or anyone else in the group. It is sharing my feelings and letting people know how I am dealing and what I'm learning in the program that helps.

“Listen to learn, share to heal.” It is ok to cry and be angry, out loud in our meetings. I am not alone. It is ok to cry and be angry while listening. I am not alone. Sitting quietly in my pain was something I had become used to. To open up meant to be vulnerable and courageous and I don't always feel that way, that's ok. I know that I was not the only one gauging whether or not I could trust this program and the people in it, silently with my mic muted for a while. I listened and learned that I could. I also know once I did start sharing, it was perfectly acceptable for me to share the hurt and chaos that brought me to Nar-Anon to begin with. Sharing helped me begin to heal feel seen and understood, not judged for my feelings. We cannot recover alone, we can recover together.

Suggested Readings:
SESH: May 21 “Tradition Five”
SESH: August 3 “Newcomers”

Next Month’s Question: In what ways have you applied your step work to your life and seen miracles happen because of it?

Do you have experience, strength and hope to share with this member or would you like to ask³⁷ a question?

[Please submit your response here!](#)

Upcoming RMR Events - *click on event for more info*

Recovery Cruise Info Session
Presented By Rocky Mountain Region

WHEN
Thurs, 08/15 @ 4:45 pm PT | 6:45 pm MT | 7:45 pm ET
or
Sun, 09/08 @ 12:00 pm PT | 1:00 pm MT | 3:00 pm ET

WHERE
<https://naranonrm.org> (Virtual Meeting Room)

AGENDA
Cruise Details
Cruise Video
Open Discussions/Shares

Come Tell Us: Why you're going or Why you're hesitating

Email: cruise@naranonrm.org
naranonrm.org/recovery-cruise-2025

9-08-2024
Cruise Info Session

THIS IS A WE PROGRAM, DON'T DO IT ALONE

Join us
Saturday Sep 21
10AM -12PM MT

Building your Nar-Anon Family

www.naranonrm.org

Have a Sponsor
connection growth
NaraBuddies FAMILY Service Sponsorship
encouragement willingness
Be a Sponsor

9-21-2024
Sponsorship House Party

Carry the Message
HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

9-28-2024
Carry the Message - with NA

**LAUNCH
INTO RECOVERY
READY, SET, WILLING
8TH ANNUAL 2024**

11-15-2024 - 11-17-2024
Rocky Mountain Convention

What's Happening Out in the World:

Rocky Mountain Region Presents
RECOVERY AT SEA
7 Nights - 5 Ports
Feb 2nd-9th, 2025
20 DECKS ON BOARD THE NORWEGIAN ENCORE. YOU'RE NEVER ALONE!
<https://naranonrm.org/recovery-cruise-2025>

MIAMI, FL.
PUERTO PLATA DR.
ST. THOMAS USVI
TORTOLA, BRITISH VI
GREAT STIRRUP CAY, BAHAMAS

2-02-2025 - 2-09-2025
Nar-Anon Cruise

regions helping other regions

Hosted by World Service
Ad Hoc Service Support Development Comm

Region Service Roundtable: Chairs
Sunday, September 8, 8:00-11:00 AM PT

AGENDA
Review of the Nar-Anon guidelines: Robert P (Central CA)
How I carry out my role as Chair: Tina K (Carolinas)
Challenges and their resolution: Sue (Ontario)
Working with other regions: Tanya (Moscow), Linda T (NorCal)
Outstanding region level service: David G (Rocky Mountain)
3SR/ASR service development: Cathy (Midwest)

Click [here](#) to convert to your
Click [here](#) for meeting ID 830 3372
Passcode 55

9-08-2024
Region Service Roundtable



RMR Nar-Anon Convention: Workshop Highlights

The theme for this year's annual RMR Nar-Anon Convention is "Launch into Recovery ∞ Ready, Set, Willing." Some folks would describe Convention as "just a freakin' good Nar-Anon meeting blown up big." Attendees appreciate the in-person fellowship – the warmth, laughter, and understanding that can only be found with other Nar-Anon members. And there are also plenty of awesome workshops! We'd like to highlight a few workshops planned for Convention this November, especially those of interest to newcomers.

Higher Power, We Have a Problem: Admitting We are the Problem and Finding a Solution

Keep the focus on yourself, stay in your lane, is it in your hula hoop? Luckily if we are the problem, if we see we are sick ourselves, we can accept the solution - which is our guidance system through the space of recovery. There are so many ways in which we work to keep the focus on ourselves - especially when things go wrong. This workshop will focus on us and our problem so we can find, be, and live in the solution.

Put on Your Oxygen Tank - Setting Boundaries and Detaching with Love

Boundaries are a big thing in recovery and yet they are often misunderstood or scary. This workshop will help us define boundaries and detachment, see where they fit in with the Steps and Principles of the program and how our HP can help us to find them, set them, and live with them in peace and harmony.

One Small Step for Humans and One Huge Step for Recovery - Sponsorship

Sponsorship is a gift of the program for both sponsors and sponsees. Are you looking for a sponsor? Working with one? Have you been told you are ready to sponsor but don't know where to start? This workshop will explore the nuts and bolts of sponsorship in Nar-Anon.

Suggested Reading:

Serenity Connection Newsletter, "[My First In-Person Meeting & Convention](#)," December 2021, Volume 7, Issue 24, pg. 6

Register [here](#) for this year's RMR Nar-Anon Convention in Denver (Nov. 15-17). You can find more details on the [Convention landing page](#). Registration scholarships are available. Email questions to: Convention@naranonrm.org



Meeting Birthday Shout-Out

Sep 27, 2023 Sunnyside up, 1 Year Old

Come celebrate our anniversary with us on 9-25-2024 @ 6AM MT in the Main Room and hear our full (and personal!) story of how we got started!

Starting a new Wednesday morning meeting, Sunnyside Up NFG, was spontaneous and effortless. It was quite easy with the help and guidance of the Rocky Mountain region volunteers. It all began organically. We personally longed for a morning meeting, so we started one. We appreciate the Rocky Mountain region for welcoming and supporting us.

Sunnyside Up NFG is celebrating its first fall anniversary in the Rocky Mountain Region. It's lovely to start your day and find the support you need to deal with the challenges of the day. Due to the time, people from all over the world attend, which adds to the diversity of the meeting. Our meeting is a happy place filled with love, laughter, and supportive friends. We have become a family.

Join us for a morning meeting with Sunnyside Up NFG, which starts at 5 a.m. PT | 6 a.m. MT | 7 a.m. CT | 8 a.m. ET in the Rocky Mountain Virtual meeting room. We would love to meet you and connect. Everyone is welcome to share, listen, or just check it out and say hi.

Sponsorship Events

The Rocky Mountain Region Sponsorship Committee is excited to announce 4 upcoming events to help you on your journey to build your Nar-Anon family.



Join us in the RMR Main Meeting Room on

Saturday, September 21 10 AM - 12 PM MT

In our kick off event you will be able to hear a family line of sponsorship as they share their journey in the program. We will be exploring the power of finding a strong support system from connecting with Narabuddies to finding a sponsor, transitioning into being a sponsor to others and finally taking your recovery to the next level with a service sponsor.

Thursday, September 26 6-6:45 MT (before ISWU)

Connect with others: finding Narabuddies

Thursday, October 3 6-6:45 MT (before ISWU)

Finding a sponsor

Thursday, October 10 6-6:45 MT (before ISWU)

Growing in Service

OUTREACH TIC-TAC-TOE

Challenge: Try to complete three in a row by the end of September, and come tell us how it went!



REACH OUT TO LOCAL SCHOOLS OR COLLEGES	TELL DOCTORS OR SCHOOL NURSES ABOUT NAR-ANON AND LEAVE BUSINESS CARDS	TAKE BUSINESS CARDS TO LOCAL THERAPISTS AND COUNSELING CENTERS
HANG UP NAR-ANON PULL-TABS AT LAUNROMATS	JOIN RMR OUTREACH MONDAY'S @4PM MT IN THE CLUBHOUSE	SHARE WITH TREATMENT CENTERS THAT NAR-ANON IS A PROGRAM FOR FAMILY & FRIENDS
LEAVE LITERATURE AT LOCAL COFFEE HOUSE	POST ON LOCAL BULLETIN BOARDS AT LIBRARIES, HOSPITALS, JAILS OR COURTHOUSES	PURCHASE AND HANG OUTREACH POSTERS

OUTREACH@NARANONRM.ORG

Ninth Month - Ninth Step - Ninth Tradition - Ninth Concept

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

When I first started attending Nar-Anon meetings, step workshops and step study meetings, the idea of working Step 9 really scared me. I have done many people great harm. I was afraid that I would never have the courage to contact some of the people I have hurt. I was afraid they would want to hurt me if I did contact them. I was ashamed of my behavior and did not believe that redemption or forgiveness was ever going to be possible for me. I also wasn't sure it was going to be necessary.

As I continued to study the steps, I learned that it would be possible for me to forgive myself. In fact, a huge part of my recovery and practicing these principles in all my affairs is about forgiving myself. I also learned that I did not have to begin actually working Step 9 until I had worked Steps 1 through 8 with my sponsor. "The Steps are in order for a reason." I also learned that if there was a real risk of someone (including me!) getting hurt - there are other ways that I can make amends. The step literally has a caveat built into it and we are not here to cause more harm - if that is what is likely to happen if I make a direct amends, I don't do it.

As I have been making my way through my list from Step 8 and making amends, I have learned that God is giving me a great opportunity to practice patience. There's no rush. Time takes time. I will continue to pray for willingness, courage, and knowledge of diving timing. I have gotten a taste of the freedom that comes from making right the wrongs I have committed and I want nothing more than to continue with the amends process and, god willing, one day experience the freedom of having finished a Step 9 list I hear so much about in speaker tapes.

"When I looked at these two lists, I was able to see how my fears, shortcomings and character defects were related to my relationships. Once I saw this connection, I knew the value of making amends and letting go of the past."

(Excerpt SESH, August 8th)

Reflections on step 9

"Step 9 is a very powerful and empowering process. It offers us the opportunity to develop the kind of relationships we would like to have and grow into the people we want to be. In Nar-Anon we choose to develop new relationships and associate with like-minded individuals."

"It is important to remember that amends are mostly for our own benefit. It can free us from the burden of guilt and shame. We asked nothing from the other person but to listen and receive the amends. We do not ask for forgiveness nor do we rationalize or expect understanding. We offer amends, strive to change our behaviors, and let go of the outcome." Nar-Anon 36 P73

<https://nar-anon-webstore.myshopify.com/>

Suggested Readings:

SESH Aug 8

SESH Sep 9

SESH Sep 24

Nar-Anon 36 P73

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

Please send it to us at newsletter@naranonrm.org

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice. not for me to enforce

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

It seems contradictory, the idea that we should never be organized but then we create service boards or committees that are organized. So maybe we should define what "organization" means in a 12 Step Fellowship. One way to be organized is to have rules for membership. If we have rules for membership, then we need to have the power to enforce those rules. We may feel we should discipline members who don't obey the rules. Or even kick them out! But Tradition 3 tells us that our only requirement for membership is that there is a problem of addiction in a relative or friend. We don't follow "rules" in Nar-Anon, we practice living our lives based on spiritual principles. These principles are embodied in our Traditions. Although Nar-Anon does not follow "rules", and the program is merely suggested, we do have a service structure that enables us to support each other. Just as when we come into the rooms we feel the relief that "we are not alone", our service structure supports our groups and regions, letting them know that they are not alone.

Traditions 7 through 9 are "Sustaining", they represent the spiritual principles of "Self-supporting", "Non-professional" and "Service". Tradition 9 suggests we create service boards or committees to provide services to the members. We do this because the only purpose of our groups is to help families of addicts (Tradition 5). That means our groups can't focus on building their own website, creating their own newsletter, engaging in outreach by themselves, writing their own literature, or holding their own convention. If they dilute their focus, they cannot carry out their one purpose. By communicating and cooperating within an area, region, or inter-regional forum, interested members from our groups can volunteer as trusted servants and participate in these types of activities (which benefit their own group and even Nar-Anon as a whole) without compromising the purpose of their groups. At the World Service and Region levels, these committees and boards are created in the spirit of loving service, rather than in the spirit of authority, to help bring recovery to all those who want it. Tradition 9 reveals the nature of our fellowship, a society in which the spirit of service is a driving principle. - Kari J RMR Delegate

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

The Twelve Concepts of Nar-Anon service give us the opportunity to learn selfless service in ways we otherwise never would have.

Concept Nine, in particular, aims to challenge our learned leadership skills by reminding us of the great value in considering all viewpoints of the group.

While it's easy to get caught up in structure or doing things "like we always do", Concept Nine reminds us that Nar-Anon is a "we program".

The value in that reaches far beyond just us knowing that we are not alone. But rather gives us the opportunity, in our service boards, to be open minded and allow ideas to culminate in the group organically, oftentimes bringing about ideas that otherwise would have been overlooked.

When a service board or committee actively utilizes Concept Nine, it offers a protection that guards against hasty decisions that could have otherwise been better informed and implemented.

The significance of catering to a positive group conscience via considering the viewpoints of all cannot be adequately measured, for ideas may be born from it that otherwise never would have flourished.

Without a doubt, at one time or another, in our service boards, we have all wondered, silently, "what about _____", "we haven't considered _____". Concept Nine begs us to speak up, to be heard and to see what can be born of it.

Nar-Anon is a "we program", and we have a viewpoint worth hearing. - Tiffany

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

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

Join us... We want to hear from you!

This newsletter is produced for and BY Rocky Mountain NFG members. We want to hear from you. Not sure what to write?

***Share your story**

***Write on your favorite Step, Tradition, Concept or Spiritual Principal**

***Love the slogans? Share which ones are your favorites and why**

***Introduce others to your favorite piece of Nar-Anon CAL**

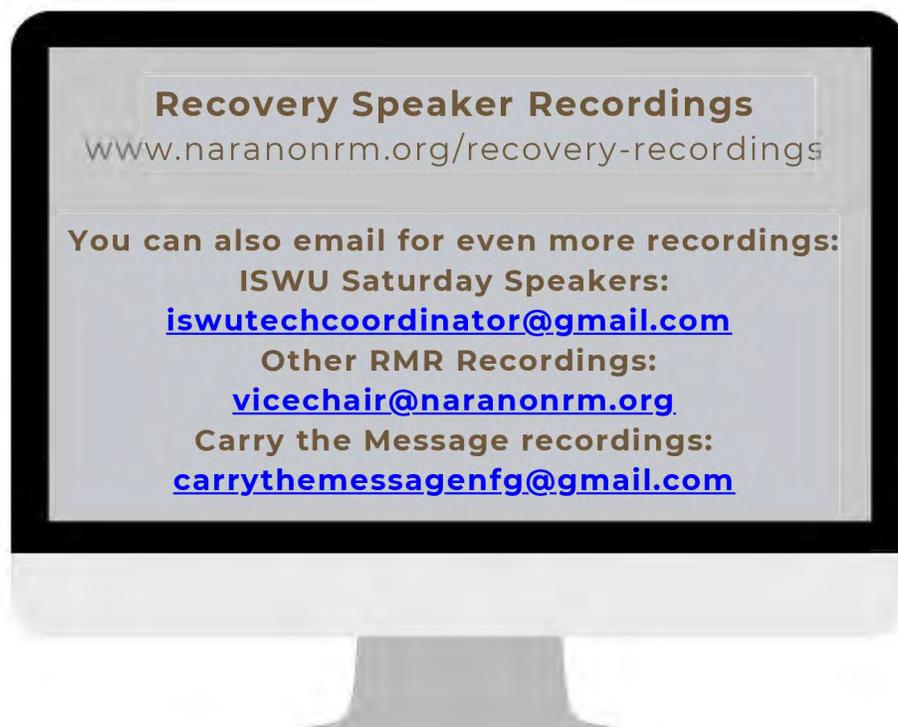
Upcoming Themes:

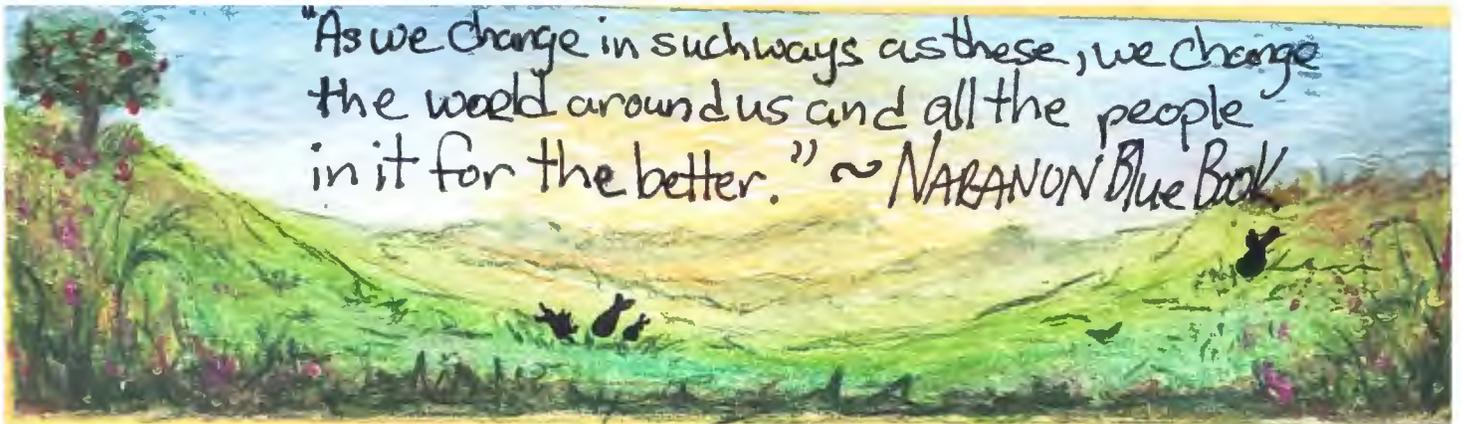
“It Works If You Work It”

“You are Never Alone”

“Let go and Let God”

Articles, poems, reflections and art are welcome from all Rocky Mountain Region members. Share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit to newsletter@naranonrm.org. Each submission must be accompanied by a signed release form before it can be published.





To our members...

Keep coming back!

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

Newsletter Submissions

Articles and art are welcome from all Nar-Anon members. 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. Each submission must be accompanied by a signed release form before it can be published.

** Next Issue Submission Deadline is the 15th of each month **

Upcoming Themes:

"It Works If You Work It"

"You are Never Alone"

"Let go and Let God"

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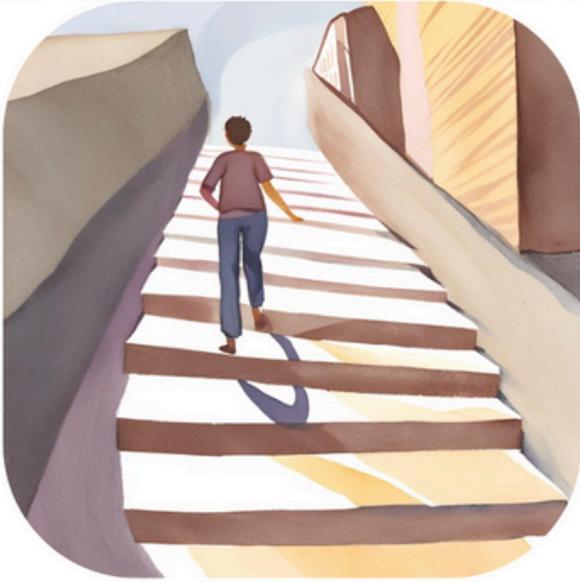
Rocky Mountain Recovery

October 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

"It Works if you Work it"



IT WORKS IF YOU WORK IT

So we show up. We attend meetings, do step work, try our hand at service. Travel to conventions. Read the literature and call our sponsor regularly. Join in meetings at other NFG's to say hello and celebrate anniversaries. Write articles and respond to surveys. Memorize slogans. Share our latest crises and victories. We keep coming back.

Why? Because this program works if you work it. And it won't if you don't. So we work it - because we're worth it. We see the miracles in each other and our own lives. And we keep cheering each other on...

Do the work, do the work, do the work!!!

*In loving service,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	What's Happening Out in the World	Step, Tradition & Concept of the Month
Heard in the RMR rooms	Experience, Strength, & Hope	Meeting Birthdays	Spirituality

Are there any Nar-Anon related announcements?

- the Rocky Mountain Region convention is November 15-17 in Denver, CO. Scholarships are available! convention@naranonrm.org
- Carry the Message: a meeting with both an NA speaker and a Nar-Anon speaker takes place in the RMR Virtual Meeting room on the last Saturday of the month; 10/26 at 10:30 MT
- New Year New You: 24 meetings in 24 hours, a global event; RMR Virtual Meeting room Dec 31 at 6pm MT to Jan 1 at 6pm MT
- Nar-Anon 4th Step Workbook is now available on the [Nar-Anon webstore!](#)
- The World Delegate asked GSR's to ask groups what common welfare topics they wanted her to present. She offered three ways the groups/region could accomplish this - please respond to the survey that was sent out! If you are a GSR and did not get the survey, email delegate@naranonrm.org

Heard in an RMR Meeting Room

"Enough is not an amount, it's a decision."

"Feel your feelings, choose your behavior."

"It's never a magnifying glass, it's always a mirror!"

"If you get in a rut, don't decorate."

Heard in the "This is a We Program, Don't Do It Alone" Sponsorship House Party

"God never brings two people together to just help one."

"The opposite of addiction is connection. I came to Nar-Anon and had no idea how to be intimate, to be vulnerable and to open up."

"Three things I do as a sponsor: love, bear witness and reflect."



From Our Delegate

“It Works if you work it” in Service

We may hear in our meetings that “Service takes your recovery to a new level”. We may be encouraged by our sponsor or by a program friend to do service. But what does that mean and how do we know how to do it?

The answers to many of your service questions can be found in the [Guide to Local Services \(GLS\)](#) on the nar-anon.org website. Click on the “Members” tab, then scroll down to “Service Literature”.

See if you can use the [GLS](#) to answer the following questions:

1. Who do you contact if there is no group in your community and you want to start a Nar-Anon group?
2. Which of the “Meeting Ideas” does your Nar-Anon Family Group use in your meetings?
3. Do you meet the requirements to be a GSR?
4. What is a home group and why is it important to have one?
5. What are resources you can use to help address group problems?

When we know better, we do better! The service guides are resources you can use as you dive into the world of service! - Kari, RMR Delegate

Answers found in the [Guide to Local Service](#); see sections:

1. 2-1
2. 3-4
3. 4-2
4. 4-4
5. 4-5

RSC Corner

RSC Corner – September 3, 2024

The Regional Service committee brings together all the elected trusted servants in the region. Group Service Representatives (GSR's) communicate about their groups. They may ask for items the group needs, and they report the region's actions back to their groups. Committees, chair, vice chair and treasurers also talk about the business of the region.

The next regional service committee meeting is scheduled for October 1, 2024 from 8:00 pm to 9:15 pm MST in the Clubhouse. All members are invited and encouraged to attend.

In September:

The Vice Chair reported on the Elavon platform that the region is trying out as a way to receive Seventh Tradition donations. Elavon overcharged the region with fees and the Vice Chair was pursuing a refund and rectification.

The New Year New You committee became an “official” Region subcommittee. It will get an RMR email, will write guidelines and will have rotation of service. newyearnewyou@naranonrm.org

There was a report on Google Groups and trying to more easily update contact lists regionally. More investigation is needed. Matter tabled for now.

The World Delegate asked GSR's to ask groups what common welfare topics they wanted her to present. She presented three ways the groups/region could accomplish this.

- Resend the same 3 as last time since ours were not chosen
- Choose from the list of 21 that the region came up with last time
- Start from the long list of choices

Delegate sent a survey out to GSR's to ask their groups and then respond.

It was reported that because the region is a 501c3 non-profit, the region can buy supplies and materials from Amazon tax free.

The committees Hope Line, Convention, Day of Sharing, Sponsorship and Outreach all reported.

“Service work brings clarity, strength
and depth to my recovery.”
-SESH, September 20



A Member Shares

In what ways have you applied your step work to your life and seen miracles happen because of it?

One way that I continue to apply the work of the steps is to integrate the principles into my daily life

Step 1: Acceptance / Honesty

The 2nd Step: Hope

The 3rd Step: Faith

Step 4: Courage

Step 5: Honesty / Integrity

The 6th Step: Patience / Willingness

Step 7: Humility

Step 8: Willingness

The 9th Step: Brotherly Love

Step 10: Integrity / Justice

Step 11: Self-discipline / Spiritual-Awareness

The 12th Step: Service

I try to have conscious contact with my HP daily. I ask for guidance and the courage to carry out His will for me. When I ask God to bless or block my steps in a day, He has revealed things that have made my way clear. Letting go and letting God has relieved many burdens from me and when I start to spin in my head, I can focus on gratitude, prayer and being of service and receive my daily reprieve.

As I work the steps with my sponsor I am reminded over and over that I am the problem. And, since I am the problem, I am also the answer. I am the one who needs and wants to change. If I am to make real change in my life, I need to practice the principles and work the steps in all of my affairs. As I answer the questions in the Nar-Anon 36, I am reminded that when it says "addict," I can cross it off and put anyone or everyone's name in its place. This shift of focus has allowed me to progress and move forward into my life. I recently read that no matter where we are in our steps, it's essential to commit to looking at ourselves as honestly and completely as possible. We must be fearless in our need to examine the parts of ourselves that we want to cultivate and those we want to release with love.

In working my steps I have learned to lean on my Higher Power in all my affairs, I see miracles in myself and how I react to others now compared to before program.

Suggested Readings:

Naranon Blue Booklet, pg. 13: "Changing Ourselves"

Naranon SESH: February 29: "Keep an Open Mind"

Next month's question: Meetings. Literature. Narabuddies. Convention. What Nar-Anon related experiences have taught you that you are never alone?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

[**Please submit your response here!**](#)

A Member Shares

Living in the Steps

I have something I have heard called an acid test coming up in a few weeks (a really difficult situation).

And I've spent the last month or two, watching every rabbit hole appear in my mind (Step 10, Step 4). I've seen the flash drive for some of the old familiar defects, and I have seen the mould and imprint of what I thought to be some of the less common ones, and I have even seen some defects that had been yet unidentified and unnamed.

And it was just last week that I became utterly convinced again, to the T, that the shortcomings behind any of these must be removed from me immediately (Step 6).

So I have been laser focused. As soon as (and I mean the minute) a defect appears, I am asking my Higher Power to take it from me. Immediately (Step 7). I cannot afford to live in those defects right now, not for a single second.

I am reading a book on languages of apology (Step 8), so that I can be absolutely certain that I understand to the core and at depth my work in Step 9.

In Step 9, I take action to own my mistakes outloud, to clear away the wreckage of my past, to make the pain or residue of any situation that involved my mistakes to utterly dissolve (if possible), to leave the ground between us in a place of neutrality and release. That is how deep and thorough my Step 9 amends need to be. It is a gift of integrity and accountability that we give to our loved ones, relatives, friends and fellows.

Working the Steps (and practicing the Traditions and Concepts) is the best way I know to heal the world right now, the injustice that entroubles it, the pain, the resentments that lead to grudges that lead to wars that lead to vengeance and to more harms and sufferings.

Let it begin with me. Daily, hourly and down to the second.

Just for today, I am thankful that I get to be a healing force, a vehicle of this apology (Steps 8 and 9) and a voice for God's healing work in the world. That I get to be a testament in this world to Love, humility and the Power of Spirit to use me for something good. That the elixir for life: honesty, generosity, humility, forgiveness and right action, can all live and grow through me. (I don't care about the harms others have done, that is not my focus anymore.)

Use me as your instrument, Spirit of the Universe, Source of Miracles, Impeccable Inner Friend to all who carry an imprint of pain caused or influenced by my mistakes.

May my life and work in the world be an offering, and become a testament to Your healing power.



“Members who practice the steps for themselves learn a different way to live. Working the steps helps each of us to recover and deal with addiction in our daily life.”

- Sharing Recovery, Vol. 1

Members share about the Nar-Anon World Convention in Washington D.C.

Several members of Nar Anon who attended the World Convention were asked the following questions:

1. **Why did you choose to come to the World Nar-Anon Convention?**
2. **What do you like best about the convention?**
3. **What spiritual experience did you have?**
4. **How many Nar-Anon conventions have you attended?**

From the Pacific Northwest Region, WA state; John D. replied:

1. I came to join with Nar-Anon members from all over the world.
2. Fellowship, stories, and workshops/topics were the best.
3. Knowing that I am not alone and hearing and sharing experience strength and hope
4. Three world and three region conventions

From Bergen county, NJ Tom S. shares:

1. A member came to my NJ meeting & shared about the world convention.
2. The speakers are ALL awesome!
3. "We are all connected"
4. First one this weekend.

Evelyn A. came from North Carolina and tells about her experiences:

1. I came to strengthen new friendships with Narabuddies. Also to see all of the different varieties of addicts working their recovery. (men, women, different countries, languages and cultures)
2. I liked meeting my online home group friends in person.
3. Seeing thousands of recovering addicts gives me hope that some day my son will also achieve long-term sobriety.
4. This one is the first convention.

Judy M. from the Northern CA Region shared:

1. I have tried to attend these conventions to meet Nar-Anon members from other states and other countries.
2. First I liked the shares, then second the workshops.
3. My spiritual experience happened when I was asked to do the SESH reading Friday because the member assigned to do it was not available. That day's reading was GRIEF. My husband passed away 6-4-24 due to cancer. I shared my grief and the support I received from Nar-Anon.
4. I have been to 20+ conventions.

Kristin P. from Baltimore, MD, homegroup Towson, MD answered this way:

1. I wanted to be in community with world-wide members. I also wanted to bring back ideas & inspiration from the convention to my home group.
2. I have enjoyed being among friendly & caring people. It has also been interesting to learn traditions practiced by other groups.
3. Experiences like this remind me we are not alone. I realize this in attending my home group meetings, but being with folks from all over makes me understand how widespread our experiences are.
4. This is my first convention.

Donna JS from the New England region said:

1. Because of the wonderful people and memories from Philadelphia and Orlando. I also love DC.
2. Seeing old friends and meeting new ones. Attending meetings to share experience, strength and hope and to hear others' experience, strength and hope.
3. Meeting NA members who were so happy we were there.
4. Three world conventions

From the Mid-Atlantic Region in Eastern VA Janet had these insights:

1. I wanted to experience an International Convention. Washington DC was only three hours away!
2. I enjoyed meeting so many people from all over that share my issues and my recovery.
3. I have learned ways to strengthen myself, my group and Nar-Anon as a whole. My Higher Power sent me into rooms I hadn't planned on going to in order to hear what She wanted me to learn!
4. This is my third convention.

Bill S. from Connecticut had the following to say:

1. I love to learn new ways of thinking, of experiencing the world, of expanding my program.
2. Being with others in Nar-Anon face-to-face.
3. I had new insights into myself and I gained new phrases to use when I am home and it is quiet and my mind is quiet.
4. I have been to three world conventions and many regional ones.

Melissa E. from Florida explained her thoughts:

1. I came to grow in my recovery; to see others from around the world, and to see members from my home group.
2. The best was fellowship and location.
3. I've heard experience, strength and hope I have not heard before & realized a character defect I would never name before - now I can.
4. I have been to six or seven conventions.

Upcoming RMR Events - *click on event for more info*



Carry the Message

HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

10-26-2024 (Saturday)
Carry the Message - with NA



11-15-2024 - 11-17-2024
Rocky Mountain Convention



12-31-2024 - 01-01-2025
New Year New You 5



2-02-2025 - 2-09-2025
Nar-Anon Cruise

Happening Out in the World:



Interregional Communication Roundtable
Sunday, 20 October, 2024
8:00 am Pacific (click for time convertor)

Hosted by the Western Regions Convention Committee
Zoom 873 3966 3937 Password wrncfg
<https://us06web.zoom.us/j/87339663937?pwd=iRWUp2lQ3aTzdD46Ib79evT8ynR8T.1>



10-20-2024 (Sunday)
Region Service Roundtable



WORLD SERVICE BOARD (WSB) & WS HUMAN RESOURCE COMMITTEE

Cordially Invite You to Attend a Virtual Roundtable

Topic: Planning For Our Future and Yours

APPLICANTS WANTED AND NEEDED FOR THE WSB

SAT. 11.02.2024 | 8:00 am PT | 11:00 am ET
Join Here: Meeting ID: 876 2593 4385 | Passcode: 044402

Thinking about joining the WSB? What's stopping you? Ready to give back what was freely given to you? What can you do to ensure the future of NFGH, Inc? Can you imagine your life without Nar-Anon? What does it take to

11-02-2024 (Saturday)
WSB & WS HR Roundtable



Have you heard...a Nar-Anon Convention speaker before?

They are AWESOME. The annual RMR Nar-Anon Convention in November takes place in Denver over a weekend and typically has three different speakers – Carry the Message, Saturday night speaker, and a spiritual speaker on Sunday. Convention attendees appreciate that speakers are invited from various Nar-Anon regions, sharing their experience, strength, and hope from across the U.S. and beyond. We encourage you to explore some recordings of speakers invited to past RMR Nar-Anon conventions:

Jack H. (2021):

Thanks to Nar-Anon...my fears have changed to acceptance. My chaos has turned into serenity. I found spirituality, the Higher Power of my understanding. And that power is also my friend. My weakness has turned to strength. And my shattered thoughts have been channeled into a new direction. The peace and serenity that the program offers has given me a new life... [\[listen to the rest here!\]](#)

Alix W. (2022):

I don't know about the rest of you, but I couldn't sleep before I got here. Everything I was doing before I came to Nar-Anon, I was doing because I thought I had to. I didn't think there was a choice. It's another way that I'm able to work my program that helps me keep me peaceful and serene...Nar-Anon changes everything, because Nar-Anon changes me...[\[listen to the rest here!\]](#)

Tim V. (2023):

I love spiritual confirmations. Simple ones: You go to a meeting, you hear just the exact topic that you needed to hear. That's not a coincidence—that's God. Hearing when someone shares their very same journey, that's your journey...This random stranger with a very similar situation is able to give me some courage—another spiritual confirmation. So it was the simple whispers that were there when I was weak; it was the spiritual confirmations to let me know that it's God out there and not me... [\[listen to the rest here!\]](#)

You can find more recordings of RMR Nar-Anon Convention speakers [here](#).

∞

Register here for the 8th annual RMR Nar-Anon Convention in Denver (Nov. 15-17). There's loads more information about this year's Convention on the landing page, including hotel options, travel tips, and a detailed agenda. Registration scholarships are also available. [Email us!](#)

Suggested Readings:

Serenity Connection, March 2023, [Help Tell Our Story: Speaker Jam](#)
[SESH](#) daily reader, July 30, Improving Balance Nar-Anon Pamphlet, [So You've Been Asked to Speak](#)

Register here for this year's RMR Nar-Anon Convention in Denver (Nov. 15-17). You can find more details on the [Convention landing page](#). Registration scholarships are available.

Email questions to:

Convention@naranonrm.org

Meeting Birthday Shout-Outs

October 2, 2022 Happy, Joyous & Free, 2 years
October 7, 2021 We Begin Here, 3 years
October 15, 2012 M.E.S.H., 12 years

We are actively seeking member submissions!

Submissions Guidelines

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess.

We grow by letting go of self for the greater whole!

The RMR Newsletter Committee may reach out about edits to make a submission publishable. Thank you!!

Recovery Speaker Recordings

www.naranonrm.org/recovery-recordings

You can also email for even more recordings:

ISWU Saturday Speakers:

iswutechcoordinator@gmail.com

Other RMR Recordings:

vicechair@naranonrm.org

Carry the Message recordings:

carrythemessagenfg@gmail.com

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice. not for me to enforce

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

I hear quite frequently in the rooms, the idea that we can practice any step with a "one" in it at any time. I am so grateful I adopted a tenth step practice so early on in my recovery. I think I was working on Step 3 with my sponsor when I first started a nightly review of my day.

What "continuing to take personal inventory and when I am wrong, promptly admitting it" looks like for me is writing in a journal (almost) every single night looking at my behaviors and decision of my day. There are a few questions I have used to start my journal entry with:

1. Was I selfish, dishonest, self-seeking, resentful or afraid?
2. Have I kept something to yourself that should be discussed with another person?
3. Was I kind and loving toward all?
4. What could I have done better?
5. Did I worry about yesterday or tomorrow?
6. Did I become obsessed about anything?
7. Did I allow myself to become too hungry, angry, lonely, or tired?
8. Did I suffer from any physical, mental, or spiritual problems?
9. What steps can I take to do better tomorrow?
10. What do I have to be grateful for today?

I asked around our fellowship for examples of questions others asked in their Step 10 practice and a few ideas I got were:

1. Are there any behaviors weighing on my conscience?
2. Did I manage to let God turn around any unhealthy patterns, thinking errors or bad choices?
3. Have I actively worked a step today?
4. Did I attend a meeting?
5. Did I talk to my sponsor?
6. Did I reach out to a newcomer?
7. Was I good to myself today?
8. Did I treat others well today?
9. What I have handled positively today?
10. Did I set boundaries without expectations?

After answering my questions and writing anything else down that God guides me to write, I take a picture and send it to a Narabuddy. We have been exchanging pictures of our "nightly reviews" for a year and a half now. I am so grateful for the connection we share and this practice I have. Have you tried practicing Step 10 yet? Here's your sign to give it a whirl. ☺

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

I don't know anybody who doesn't have opinions - sometimes strongly held and intractable. Even if you are well-along in your recovery, so far as to have learned that your strongly held beliefs aren't that helpful in our rooms, you no doubt have heard that voice inside your head shouting at you when someone says something about something you disagree with...or maybe that's just me fighting with my early recovery demons.

Guardrails are something we as folks in recovery really need, and we find them in the Traditions. I have found them life-saving. Our unhelpful approaches to our addicted loved ones, and our own vulnerable hearts and minds, have caused us harm and led us down roads to nowhere good emotionally. So when offered a chance to submit to the invitation of suspending our own opinions - at least while in meetings - we begin to see that there is, in these rooms, a vision of something better than the trenches of thought in which we have been so stuck. That vision is one of unity in our recovery, and it transcends every other commitment we hold.

When I attended my first healthy Nar-Anon meeting, I remember thinking, "These people got it going on! They know a lot of things that I do not." Certainly, that was attractive. But, it didn't take long for my unrecovered brain to begin to want to just know everything at the outset. I started thinking: I wonder what these Nar-Anons think about this, that, and the other things - hoping against hope that they would tell me the answers I longed to hear.

Lucky for me, and way more helpful to my recovery, I did not get what I thought I wanted. The answers to all my questions did not come in some massive 'recovery download' from the group. Thank you, Higher Power! What I did get was a loving space committed to the principles of recovery, most notably that of unity for unity's sake. Because without it, well, we are just another group held hostage by our opinions, dragged down by the stigma that comes with siloing ourselves into categories. By the grace of the God of our collective understanding, the Tenth Tradition is there to remind us that when it comes to the freedom found in recovery, the risk of having an opinion, as a whole or in our rooms, is just not worth it!

Do you have experience, strength and hope to share on Step 11, Tradition 11 or Concept 11?

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

HIGHER POWER - Help me to remember.

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

Concept 10: Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.

Concept 10's purpose is to make sure that no one lands in a position of exile. That no struggling member will be shunned from our fellowship, or feel the need to leave.

It is part of our insurance that we do not do to someone else what was perhaps so painfully done to us. Point the finger. Make someone a villain. Create a collective story about their badness or unworthiness. Send them down the road to ruin.

Concept 10 safeguards us as a group (committee, region, etc.) against creating scapegoats: people upon whom our harms and distortions might be projected. Our principles as members of Nar-anon are those of tolerance and inclusion, unity, equality and equanimity. Equanimity means that even in a difficult situation, we aim to treat everyone as of the same value and with an even keel.

This Concept calls to bear some of our other Nar-Anon Traditions and Concepts of Service as well:

Concept 7 states: All members of a service body bear substantial responsibility for that body's decisions, and should be allowed to fully participate in its decision-making processes.

With regard to a grievance, the person with a perceived wrong still has a place among us. You are a member of Nar-Anon when you say you are. We will not kick anybody out. No person has the authority to kick anybody out. There are no authorities, only trusted servants (Tradition 2: Our leaders are but trusted servants—they do not govern). All members of a Nar-Anon Family Group have a voice and a vote.

Concept 6 says: Group conscience is the spiritual means by which we invite a loving, higher power to influence our decisions.

If you were to have a grievance (I am going to use a group scenario as an example), you would petition the Group conscience, and bring your issue before the Loving Higher Power of the group.

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

Concept 10 safeguards our unity. It does this, in part, by asking us, does your grievance contribute to the common welfare of the whole? The word "grievance" comes from

the Latin root "gravis," meaning heavy. It is a wrong or hardship suffered that forms a legitimate grounds of complaint.

What makes it legitimate? In the case of Nar-Anon, it means that it is not self-serving. While a grievance might feel legitimate at first take, in the case of bringing a grievance before the Group conscience, that grievance first must go through a personal sieve of examination and accountability. Self-seeking and self-important motives must be thoroughly rooted out first in a solid Step 4.

That means that our impulses and reactions must be scrutinized under the lens of our own shortcomings, and screened for personal patterns and defects. We do this before bringing an issue to the group (area, region, etc.) to ensure that everything possible first has been faced and winnowed out on an individual basis and with a sponsor (Step 5: Admitted to God, ourselves and another human being the exact nature of our wrongs). It is our responsibility to not unduly burden our groups or bog them down.

The causes and conditions behind any desire to flee, any desire to defend or disappear, any impulse to lash out or blame, or gossip and create dissent, are all fertile grounds for personal inventory (Step 4: Made a searching and fearless moral inventory...). We must turn the magnifying glass first upon ourselves, and use our own calamities to root out the false stories that we are carrying around.

But if having done so, if a Loving Higher Power inside us still believes that readdressing a decision, a situation, or a harm could benefit the common welfare, the group will hear it. How? It will be placed on the agenda of the group conscience, and the group (area, region, etc.) will look upon it with an honest, open minded and willing spirit.

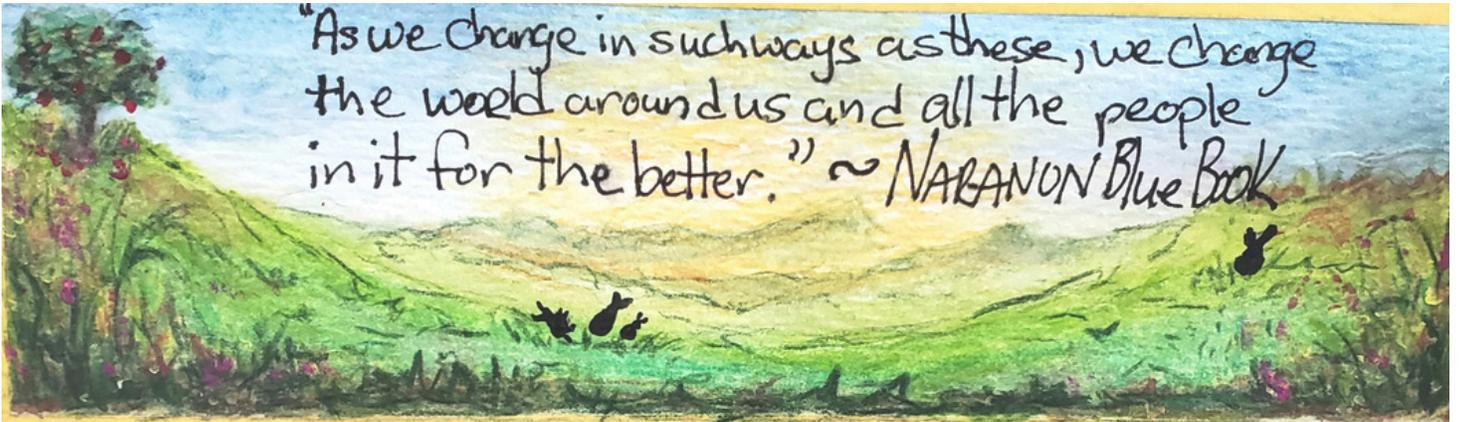
If an amends are due, the Loving Higher Power of the Group conscience will be in charge of the amend, and a process of resolution or restitution will be set in motion toward the individual member.

Step 9 comes to bear here as well: Made direct amends to such people wherever possible except to do so would injure them or others. It is possible for groups as well as individuals to commit a wrongdoing, and hence to decide upon proper course of repair.

Concept 10 is here to create and reinforce safety and inclusion in our Nar-Anon service structure, and to ensure that all members have a right to belong.

Do you have experience, strength and hope to share on Step 11, Tradition 11 or Concept 11?

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



To our members...

Thank you for reading this issue of the
Rocky Mountain Recovery newsletter!
yet another way of working your
program...

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

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Rocky Mountain Recovery

November 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



GOD BOX PICTURE SUBMISSION REQUEST

Heads Up! We're making a collage of God Jar, God Box, and Chuck-it Bucket photos for next month's issue.

Let's get inspired together!

No consent form required for image only.

Take a photo of yours and send it to

newsletter@naranonrm.org

"You are Never Alone"

If you have thoughts of worthlessness, hopelessness, unworthiness, or despair... if you have cycles of thoughts that are ruminating, that are critical of others or unhappy with them, that are judgmental of yourself, that make you feel not good enough or that you will never measure up or be able to resolve these...you are Not alone!

Come find ESH: experience, strength and hope in the Nar-Anon Family Groups of the Rocky Mountain Region. We have been there: the self-defeating thoughts, the negative spirals, the powerlessness, unmanageability and self-defeating behaviors. We have found a solution in working the steps.

Come experience change. Come share your stuck places and your questions in the after meetings. Come bring your broken hearts, and voices longing for freedom.

We are here to be a voice of hope. You are not alone. Come and struggle with us. Come recover with us. Miracles are possible. "Change is taking place."

*Sincerely,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	What's Happening Out in the World	Step, Tradition & Concept of the Month
Heard in the RMR rooms	Experience, Strength, & Hope	Meeting Birthdays	Spirituality

Are there any Nar-Anon related announcements?

- **Growing in Service:** an hour dedicated to learning and applying the principles and tools of the program in service. Every Tuesday at 4PM MT in the clubhouse. Starting November 19th
- **Carry the Message:** a meeting with both an NA speaker and a Nar-Anon speaker takes place in the RMR Virtual Meeting room on the last Saturday of the month; 11/30 at 10:30 MT
- The next **Regional Service Committee** meeting will be on Tuesday, November 5 at 8-9:15pm MT in the Rocky Mountain Region Clubhouse. All are welcome! See page 4 for more info.
- **New Year New You:** 24 meetings in 24 hours, a global event; RMR Virtual Meeting room Dec 31 at 6pm MT to Jan 1 at 6pm MT
- Join us on the first ever **Nar-Anon Cruise** February 2-9, 2025. Click [here](#) for more info!



Heard in an RMR Meeting Room

"If I'm doing something to my own detriment, I am not practicing my program."

"I realized they didn't just have a drug problem, we have a family problem."

"If we can't hear you, we can't help you."

"Life does not get better by chance, it gets better by change."

"The common denominator to all my issues, is ME."

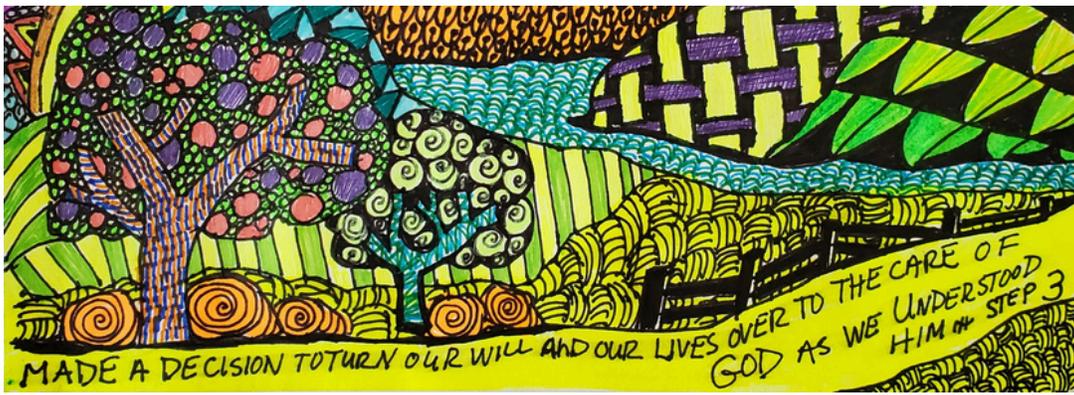
"Move from worrier to warrior."

"Help is the sunnyside of control."

"My quick measure for enabling: would I do this for a stranger?"

"I can't change others but I can love them."

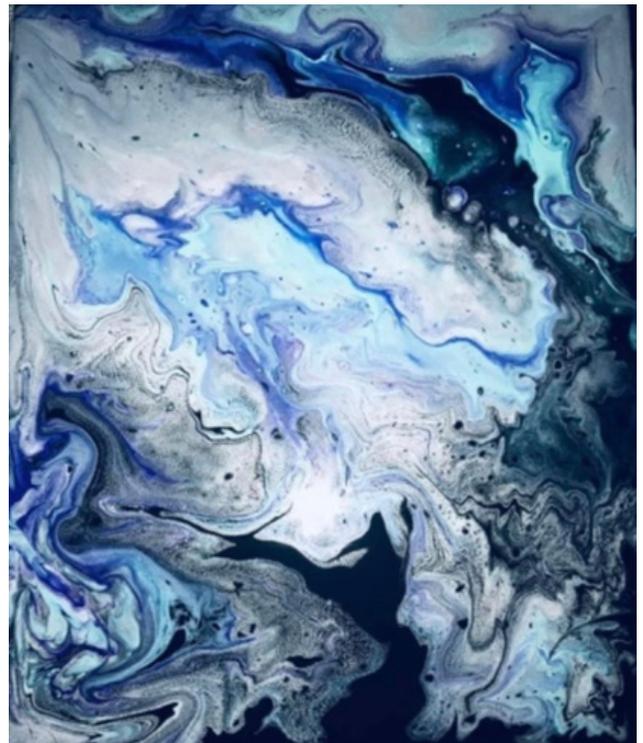
"What if it all works out?"



Spirituality Section

"I go outside late at night like this sometimes, in my pj's, barefoot under the massive oaks and pines. I walk to a clearing where the sky is vast and dark, filled with flickering stars. I choose a spot in the cool grass and lie down on my back, with my arms stretched out beside me, palms up. I close my eyes and take in a full, deep breath - life. I let myself feel the weight of gravity pulling me toward the Earth, as if the roots of my being are being tugged from the center. The roots are deepening. I release my thoughts and in doing so, I feel my spirit rise and expand, infinitely into the night sky. The beauty, the love, the purpose, the chaos and order of it all - I feel connected to all that is. I am grounded. I am free. I am at peace, and I am grateful."

A Member Shares: their art!
And the quote from our literature
that was their inspiration



"Just for today, I know that faith in my Higher Power will not calm the storms of life, but it will calm my heart. I will let my faith shelter me in times of trouble." - SESH March 10

The WE of ADDICTION

Ask for help.

Don't sponsor yourself.

Develop a strong Nar-Anon fellowship through service.

Include Higher Power when making decisions.

Call a Narabuddy to see how they are doing.

Teach others about the Nar-Anon Program.

Interact inside and outside of meetings.

Open up to another member.

Newcomers need direction and guidance.



RSC Corner

The Regional Service committee brings together all the elected trusted servants in the region. Group Service Representatives (GSR's) communicate about their groups. They may ask for items the group needs, and they report the region's actions back to their groups. Committees, Chair, Vice Chair and Treasurers also talk about the business of the region.

Meeting Notes from October 1, 2024

The biggest announcement from the Regional Service Committee (RSC) is that the Rocky Mountain Region (RMR) is putting forth a motion to the World Service Committee (WSC) for a way to revise the Guide to Local Services (GLS) and the Guide to World Services (GWS) in order to open up more time at the WSC. The guides may be found [here](#) for free download and printing. This will enable the WSC to work on growing and strengthening the Nar-Anon fellowship. Currently the conferences take a lot of time going through motions that are truly just editing the GLS and GWS.

The Treasurer was happy to report that as of this time last year, compared to this year, the Region is doing slightly better financially and in contributions. You can send contributions to the Region and reference one of the region meetings you attend [here](#).

Lastly, a few Group Service Representatives (GSRs) and a couple of committee chairs reported on the happenings of their respective groups or committees. Since the Region Chair respects the time, we did "run out of time" for all the reports and we adjourned. There are a few meetings in the region who haven't had a GSR attend lately. Ask in your group if you have a GSR! Get involved! All the committees are open to new members as well. Service increases and adds to your recovery. Try one out! Find out when the committees meet and how to contact the chairs [here](#).

All members who attend Rocky Mountain Region groups are invited and encouraged to come and attend the RSC meetings. See how the region runs and help give back to the program that has been freely given to you. Meeting schedule for the RSC can be found [here](#).

Next meeting Tues Nov 5, 2024 8 PM MT Clubhouse



A Member Shares

Meetings. Literature. Narabuddies. Convention. What Nar-Anon related experiences have taught you that you are never alone?

I have been going through a crisis with my ALO for the past month. No matter what happened during the day, I went to my nightly meeting and was able to find the comfort and support I needed, just by being there. I have reached out to Narabuddies privately, and am grateful for their love and support. Whether it is as a group in a meeting, or alone on the phone or texting, I am never alone when I am in Nar-Anon. This program has saved my life more than once and I am forever grateful to everyone, especially my Higher Power, for leading me here.

First, I heard that I was not alone in the rooms and felt a huge sense of relief. Then, to my surprise, I found it in the SESH daily reader - because it seemed to speak directly to me page after page. Next, I felt it from my sponsor who was always only a call or text away. And now, I have solidified it by attending conventions and deepening my relationships with fellow Nar-Anon members from around the globe.

I have heard it said that the opposite of addiction is connection. When I was a newcomer, I didn't turn my camera on or share. I did a lot of observing, and what I saw were loving, caring, supportive people who have created a beautiful community of recovery. I was welcomed with open arms by other family members who, even if their ALO is of a different relation, knew all too well what I was going through. I never felt like I didn't belong, in fact I felt more at home than I had for many years. I know that I can reach out at any time my narabuddies, my sponsor or share in a meeting. Never alone, never again!

I am a proud member of the Nar-Anon family Groups where family is our middle name and we are no longer alone. My first experience was when I came to my first meeting.

Meetings: I am able to hear from people with varying experiences and yet I can relate. They are me and I am them. As I listen and their stories resonate with me I reach out, soon they may become NarAbuddies.

NarAbuddies: Program friends I can reach out to at any time. Many of them I get to meet and hug at convention.

Convention: not only is a time for fellowship but the workshops feed and fill my soul and give me hope to continue to keep showing up.

Sponsorship: I am able to give back what was so freely given to me as I sponsor others. This is one of the best parts of the program, as I get just as much from my sponsees as they get from me.

Suggested Readings:

Sharing Recovery, pg. 120: "My first conference"

Nar-Anon SESH: January 19th "Balance"

Next month's question:

What is a "God Box," "HP Vault", etc. and how, when and why do you use it?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

[**Please submit your response here!**](#)

A Member Shares

What if it all works out?

Two years ago today I was sad, alone and all consumed with worry for others. My ALO, my husband of over 30 years, was gone for days on end, my adult son had just broken off a long-term relationship and moved 300 miles away to follow a job prospect and my adult daughter was going through a separation. I couldn't sleep, I couldn't eat, my finances were not being cared for and I isolated. Their lives consumed me.

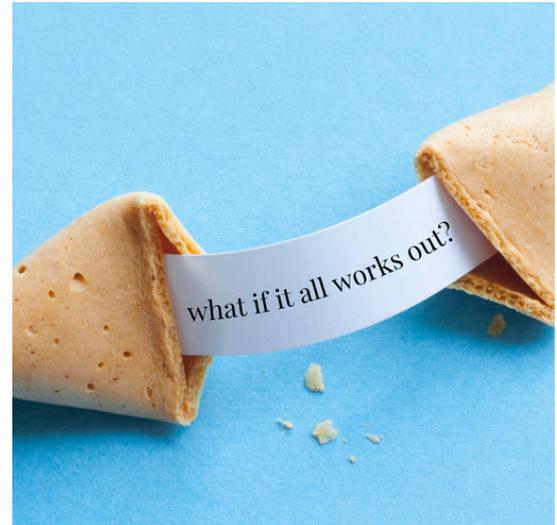
I found my way to the rooms of Nar-Anon through a desperate, last-ditch effort to save me from myself. I couldn't see a way out. The first days were a blur, but I knew almost immediately that I had found a community where I belonged and that I was no longer alone. I was safe to be me in a space where I was loved until I could love myself. I reconnected with the God of my understanding and was able to see blessings and give gratitude for the events that had previously brought me to my knees.

I began to live one day at a time, keeping my focus on myself and letting go of the rope that use to wind tightly around my hands. I have traveled near and far to hug Nara-buddies in person and to deepen my recovery at conventions and "family" gatherings. I feel peace, knowing that my loved ones are guided by their Higher Powers as they journey on their own paths. I am no longer consumed by overwhelming dread. I sleep soundly and eat to nourish my body, mind and soul. I am becoming ME.

Today, just for today, my husband has over 90 days clean, my son is now the proud father of a son he never thought he would have, and my daughter is living her best life.

And none of this is because of me.

Now, when bumps appear and life gets rough, I briefly go back to Step One acknowledging my place in it all, I let go and let God and then I remind myself "what if it all works out"?



LOSING CONTROL

"How long will I continue to try to control other people, places and things when I know from working the Nar-Anon program that the only person I have any control over is me? My urge to control returns instantly when I take another person's inventory. I must learn to mind my own business and remember what my business is, if my name is not on it, I need to let it go."

SESH January 20

Upcoming RMR Events - *click on event for more info*



11-15-2024 - 11-17-2024
Rocky Mountain Convention



Carry the Message
HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

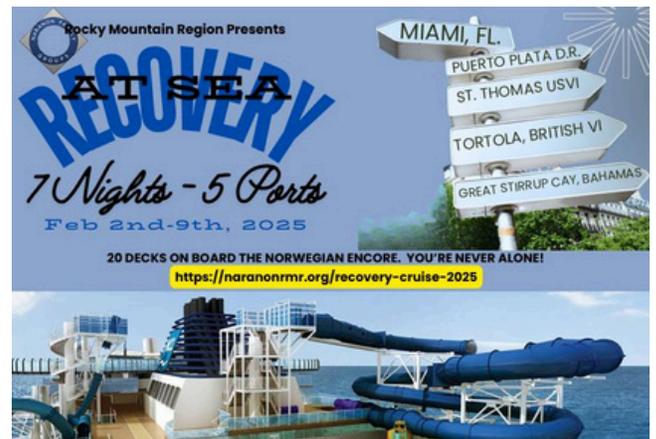
9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

11-30-2024 (Saturday)
Carry the Message - with NA



12-31-2024 - 01-01-2025
New Year New You 5



2-02-2025 - 2-09-2025
Nar-Anon Cruise

Happening Out in the World:

**WORLD SERVICE BOARD (WSB) &
WS HUMAN RESOURCE COMMITTEE**

*Cordially Invite You to Attend
a Virtual Roundtable*

Topic: Planning For Our Future and Yours

APPLICANTS WANTED AND NEEDED FOR THE WSB

SAT. 11.02.2024 | 8:00 am PT | 11:00 am ET
Join Here: Meeting ID: 876 2593 4385 | Passcode: 044402

Thinking about joining the WSB? What's stopping you?
Ready to give back what was freely given to you? What
can you do to ensure the future of NFGH, Inc? Can you
imagine your life without Nar-Anon? What does it take to

11-02-2024 (Saturday)
WSB & WS HR Roundtable

Nar-Anon Convention Lingo

Rocky Mountain Region Edition

When we first come into the rooms of Nar-Anon Family Groups (NFG) we hear all sorts of new ideas and words: Steps & Traditions, *Say Nope to the Rope*, ESH (experience/strength/hope), service commitment, group unity, A.L.O. (addicted loved one), Higher Power, etc. If it's our first time at Convention, we will also hear some new jargon. Check out this handy glossary of common terms.

Agenda: day-by-day, hour-by-hour schedule of convention activities; see *Landing Page*.

Banquet: shared meal on Saturday evening in the hotel ballroom; a time to share fellowship, celebrate recovery milestones, and listen to the after-dinner convention speaker.

Candlelight meetings: end-of-day NFG meetings that happen on Friday and Saturday nights in the hotel. And yes, they are candle-lit.

Carry the Message speakers: organized in cooperation with Narcotics Anonymous (NA), an invited NFG speaker shares their ESH followed by a speaker from NA; the audience is made up of NFG and NA members – loads of recovery & very moving!



Convention committee: made up of members who give service over the year to facilitate the annual convention; includes positions & subcommittees like chair, secretary, treasurer, hotel liaison, merch, registration, art

donations, graphic design, volunteer coordinator, and communications. Service positions typically rotate each year. EVERYONE is welcome; meets weekly (Thursdays, 5pm MST in RMR Clubhouse). Join us - it's a blast!

Convention Narbuddies: Convention first-timers are paired up with convention old past timers before Convention weekend; totally optional; a great way for attendees to connect with somebody (by text, email, phone, etc.) before showing up in Denver. But not to worry—even if you don't sign up for a convention buddy, we're certain you will make fast friends when you arrive. And you may be paired with someone at the *Meet & Greet*.

CRCNA: pronounced *CRICK-nah*; an acronym for the annual Colorado Regional Convention of Narcotics Anonymous; guided by our Twelve Traditions (e.g., Traditions 4, 5, and 6), the Rocky Mountain Region (RMR) NFG holds its yearly convention in the same hotel, and on the same dates, as the CRCNA convention; see *Carry the Message speakers*.

Double Winners: Nar-Anon members who also qualify for and work other 12-step program(s).

Journal giveaway: one tradition at convention to present a signed RMR Convention poster and Nar-Anon literature to the newest newcomer with least recovery time.

Landing page: online website where convention details are posted and updated, including links to register, book hotels at

discounted rates, roommate search board, volunteer sign up, agenda, and more!

Lit table: table set up in hotel lobby/hallway for outreach and where Nar-Anon conference approved literature (CAL) can be purchased. There are also free NFG pamphlets available for outreach.

Meet & Greet: low-stakes, fun activity on the first day of convention to help us mingle (without ice-breakers); perfect for introverts, extroverts, and ambiverts alike.

Merch: themed RMR Nar-Anon convention gear for sale – hoodies, notebooks, water bottles, etc.

Saturday night speaker: NFG member invited in advance to share their ESH with attendees, typically as the last part of the Saturday evening dinner banquet.

Recovery time countdown: How many days, weeks, months, years have you been in recovery; usually at the banquet or some other event; member calls out the time (“20 years! 19 years! 2 months!” etc.) and everyone chants “Keep coming back!” as people stand up when their recovery time is called out. Analogous to the NA convention’s Clean Time Countdown; it’s part celebration, part ritual, part attraction (rather than promotion) and just a really good time.

Recovery time line-up: a brief activity held early in weekend to celebrate NFG recovery milestones; first-timers are celebrated as much – or more than! – past-timers. Also, a great way to identify potential sponsors.

Sharing table: attendees can set out flyers and announcements on table in hotel about

upcoming Nar-Anon related events and activities in their region/area.

Spiritual speaker: invited NFG member who shares ESH with attendees on Sunday morning, with a focus on their own spiritual development and Nar-Anon as a spiritual way of life.

Spiritual walk: Sunday morning activity; members guide you through this life-changing exercise of trust, love, and spirituality; journey down the path of support and encouragement with your fellowship with you all the way.

Theme: each annual convention has a different theme, as decided by convention committee members with guidance from a Higher Power. This year’s is “**Launch into Recovery ∞ Ready, Set, Willing!**” Themes from past RMR Nar-Anon conventions include: *Don't Stop Believin'*, *From Desperation to Transformation*, and *Friends, Family and Fellowship: Finally Face-to-Face*.

Volunteers: attendees who sign up for brief service opportunities at convention, including format readers & topic leaders for meetings, working the *Lit Table*, or running errands – rewarding ways to connect with others!

Workshop: Step- and other recovery-based discussions/activities, guided by a particular NFG group, committee, panel, or member.



Registration for the 8th Annual RMR Nar-Anon Convention (Nov. 15-17) at the Marriott Tech Center in Denver is open – right through the very last day of convention. **Walk-ins and newcomers are always welcome.** Don't miss out!

Meeting Anniversary Shout-Outs

November 4, 2014	SESH, 10 years
November 5, 2022	Partners, 2 years
November 6, 2017	Full of Grace, 7 years

We are actively seeking member submissions!

Do you use a God jar/chuck-it-bucket?

We want to see photos! Send submissions to:

newsletter@naranonrm.org

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess. We grow by letting go of self for the greater whole!

The RMR Newsletter Committee may reach out about edits to make a submission publishable. Thank you!!

Recovery Speaker Recordings

www.naranonrm.org/recovery-recordings

You can also email for even more recordings:

ISWU Saturday Speakers:

iswutechcoordinator@gmail.com

Other RMR Recordings:

vicechair@naranonrm.org

Carry the Message recordings:

carrythemessagenfg@gmail.com

REACH OUT: USE BOTH HANDS



Outreach

Connecting with people who have never heard of Nar-Anon

Attend a community event and pass out **outreach literature**

Call your state 211 and let them know about the RMR Hope Line
888-307-9890

Connect with local NA groups and NA hotlines

Spread the word of what Nar-Anon is by posting our **business card** or other outreach material

Post **pull-tab flyer** on local bulletin boards, coffee shops or laundry mats

Connect with therapists and counselors in your community to let them know about Nar-Anon

VS

Inreach

Connecting with members in Nar-Anon's program

Be a comforting ally, pick up the phone

Help new members with Nar-Anon literature

Share your ESH by opening up your mic or writing something for the newsletter

Deepen the connection with other Nar-Anon members by phone

Share **Recovery Recordings** like Saturday Night Speakers, RMR Events and other recordings

Reach out to a newcomer in the chat, share your phone number, be visible

Help people looking for a sponsor or interested in service work

Share the Serenity Connection and the RMR Newsletter



**Don't do outreach alone!
Come learn the ropes and find a team!
Mondays 4 PM MT in the Clubhouse.
Outreach@naranonrm.org**

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice. not for me to enforce

Step 11: Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step 11 is one of the steps that has a “one” in it, which means that I can practice it at any point in my recovery. Before I came to the Program, my experience with prayer was similar to ordering at a restaurant, where I was asking for specific things. The prayer life I knew came to a halt when I was about 12 years old when one of those specific prayers was not answered in the way I wanted it to be as soon as I wanted it to be. I took this as God not having any interest in me, so I showed Him and turned the disinterest back on Him. Yikes. I’m glad y’all have taught me to laugh at myself.

So little in recovery is absolute - the idea that one of our Steps included the word “only” really stood out for me and I took it to heart. I didn’t have much of an understanding of God let alone the notion of “God’s will” and what that really meant. I understood “God’s will” to have something to do with the idea of Something or Someone being out there that wants good for me. And that it wasn’t me. I have spent much of my life not even considering, let alone wanting, what would honestly be good for me. I didn’t have an understanding of where or who my prayers were going to, but I began to ask the idea of what that Something or Someone that wanted good for me would have me do next.

When I started externalizing things and really praying and meditating about what it would look like if I was accepting the love and kindness from this Power I Didn’t Understand, my actions started to change. A loving Higher Power would not have me engaging in activities or behaviors that harm me. A loving Higher Power would not have me leaning so far into the anger that had become so normal to me. A loving Higher Power would not have me living in a home with active addiction.

In the beginning, I was only praying for knowledge of His will. Once I started viewing things through the lens that there is Something that wants good for me, it became obvious what I needed to do next. I had some big steps to take and big changes to make in my life if I truly wanted to live in what I was learning was God’s will for me. It took another member pointing out to me that fear about these things was totally normal and that the 11th step offers a way for me to combat that fear: praying for the power to carry it out.

God, please grant me the courage to live in Your will, all ways, always.



Do you have experience, strength and hope to share on Step 12, Tradition 12 or Concept 12?
Please send it to us at newsletter@naranonrm.org (along with a copy-write release form)

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice. not for me to enforce

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet, and other forms of mass media. We need guard with special care the anonymity of all NA members.

This personal writing does not represent the view of any group, organization or fellowship. It is solely my viewpoint from thoughts and experiences.

Personal Anonymity is purely a decision which I sometimes break. After arriving at my first meeting and coming back week after week, I became hooked on the feelings of hope, joy, and freedom. I never heard of this program called Nar-Anon and being new, I didn't understand why. This was something that everyone who's struggling with an addict should have access to, so why wasn't it on TV ads, radio announcements, billboards, or elsewhere?

I always thought after attending in-person meetings that this was the best kept secret I had ever learned about. Although the meetings I attended were healthy, and provided me with my start in service work, I had not studied the Traditions. After becoming a member of the Rocky Mountain Region nightly group in 2020 (now known as ISWU) and finding a Sponsor, my recovery was elevated and therein I received the answers to many questions I wondered about, including "where were our ads?"

The Traditions of Nar-Anon serve as essential principles that sustain the vitality and independence of our Fellowship. Adhering to these principles in our interactions with others and the broader community helps us to circumvent numerous challenges. In my journey of recovery, I have come to understand the significance of Tradition 11. This Tradition addresses our relationship with those outside of Nar-Anon. It tells us how to deliver our message of hope in recovery when dealing with the public. Our public

image reflects our offerings, showcasing a successful and established approach of maintaining a recovery lifestyle. While it is important to connect with those in need of what we have, it is also important, for our protection, to exercise caution when considering how to reach those who may need us.

While I discovered this fellowship through mass media during a challenging time, there was no direct person by name or face providing me with information, it was always anonymous and I feel fortunate to have been guided here. Our attraction lies in our individual achievements and successes and appeal to those who are seeking what we have.

We provide recovery through our groups. The effectiveness of our program is evident, serving as our primary means of informing the public. Initially, I interpreted the idea of attraction rather than promotion as a directive against promoting Nar-Anon, believing instead that individuals should find their way to us naturally, but how would they if we remained a big secret? However, I have since realized that it is the recovery process itself that cannot be promoted, nor should it. There are no guarantees or promises in our fellowship of recovery.

Pushing recovery on someone who's not ready isn't in line with what we stand for. This reflection reminds me of my experience with smoking, where attempts by my non-smoking relatives to persuade me to quit were ineffective until I was prepared to make that change, which I eventually did in my own time.

The final part of Tradition 11 emphasizes personal anonymity in media and was established to protect the integrity of Nar-Anon, as any misstep by an individual could unfairly reflect on the entire fellowship. This tradition ensures that our collective identity remains untarnished by the actions of any single member and keeps us free and clear of any backlash of negativity.

For those interested, the World Service Outreach Committee provides information and outreach material that can be utilized in various locations, available at nar-anon.org/outreach. - Stephany NYC

**Do you have experience, strength and hope to share on Step 12, Tradition 12 or Concept 12?
Please send it to us at newsletter@naranonrm.org (along with a copy-write release form)**

HIGHER POWER - Help me to remember.

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

Concept 11: Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly.

Concept Eleven is an excellent example of how our Steps, Traditions and Concepts work together to support the recovery of each member. Step Twelve asks us to carry the message of hope to others. Tradition Five emphasizes our primary purpose and tells us how we accomplish it. The funds that we are asked to manage responsibly are, in part, the result of Tradition Seven. Concept One tells us that our service structure was created to fulfill our primary purpose and Concept Two tells us that each family group is responsible for the services provided by our service structure. We are constantly reminded of our primary purpose, both individually and as a fellowship.

My program has taught me that I have a character defect of thinking from a negative perspective. Using Concept Eleven as an example, I can list many examples that are not a responsible use of funds. I tried this with my Addicted Loved One and told them what not to do for eight years before I admitted that I cannot change another person. Nothing changed for my Addicted Loved One until I got out of their way and focused on myself.

Observance of Concept Eleven isn't about questioning how others are behaving, it is about practicing my program, which includes embracing our Traditions and

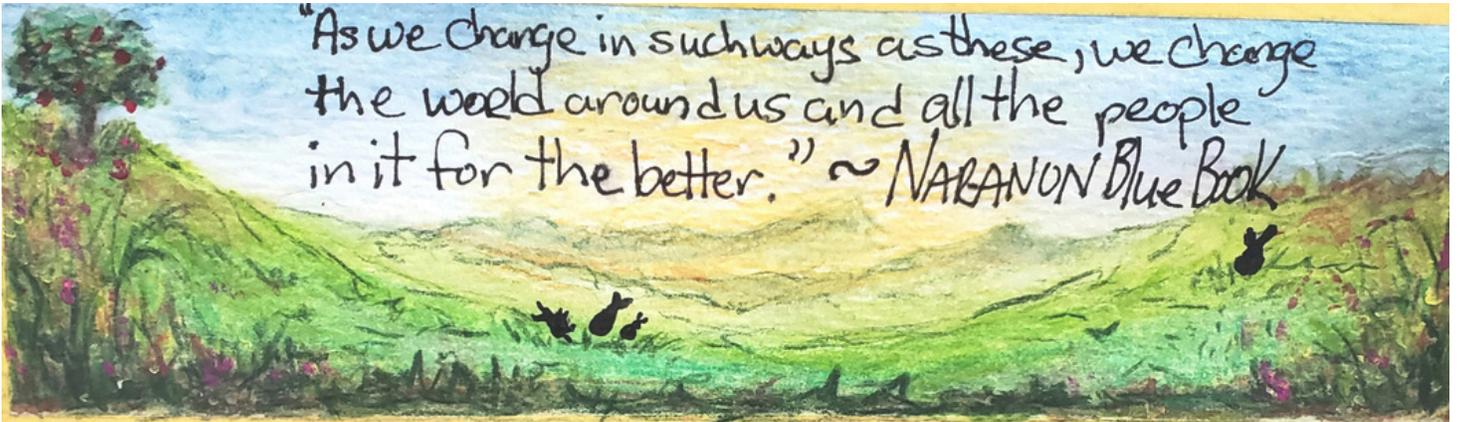
Concepts. To cultivate my awareness for the responsible use of resources I must grow my understanding of our fellowship as I grow in my recovery. I must ask myself, "How can I contribute to fulfilling our fellowship's primary purpose?" I must ask myself, "How might I better understand how my fellowship is using funds and how might I be of service to ensure that funds are being used responsibly."

So, how can I cultivate my understanding of our fellowship's use of resources? I can live the Steps and study the Traditions and Concepts. I can read the Guides to Local and World Service to better understand how our fellowship functions. I can visit our fellowship's Home Page (Nar-Anon.org) and learn about the resources that it offers. I can be of service to my fellows, my home group, my region and to the world.

If I am committed to carrying the message of hope to those affected by the addiction of a friend or loved one, responsible use of fellowship funds will be a byproduct of my recovery.

Let it begin with me.

Do you have experience, strength and hope to share on Step 12, Tradition 12 or Concept 12?
Please send it to us at newsletter@naranonrm.org (along with a copy-write release form)



To our members...

*You are never alone.
Keep coming back!*

[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. Each submission must be accompanied by a signed release form before it can be published.

** Next Issue Submission Deadline is the 15th of each month **

Upcoming Themes:
"Let go and Let God"
"Changes in Me"

NEED HELP?

CALL THE
HOPELINE

888-307-9890

www.naranonrmr.org





Rocky Mountain Recovery

December 2024

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

The Newsletter Committee recently reached out to see and hear about members' God Jars and Chuck-it Buckets, and what a response we received!

One way to Let Go and Let God is to physically write it down and give it away... and for lots of members, that really works.

Another way to practice this slogan is taking a journey to convention and experiencing the group conscience there. Several members shared with us about their time at the Rocky Mountain Region Convention in Denver, Colorado, last month.

The RMR Newsletter has no opinion about any member's conception of the Higher Power of their understanding. Listen to learn, share to heal, take what you want, leave the rest, and keep coming back!



*In Loving Service,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	What's Happening Out in the World	Step, Tradition & Concept of the Month
Heard in the RMR rooms	Convention Reflections	God Jar Shares and Photos	Spirituality

Are there any Nar-Anon related announcements?

- The 2024 RMR Member Survey is available on the website. To better serve the groups, each year the RMR conducts a survey of our members. Anyone who attends groups in the Region either in person or virtually is invited to participate in the survey.
- Growing in Service: An hour dedicated to learning and applying the principles and tools of the program in service. Tuesdays 4 PM MT in the Clubhouse.
- New Year New You: 24 meetings in 24 hours, a global event; RMR Virtual Meeting room Dec 31 at 6pm MT to Jan 1 at 6pm MT
- Spiritual Principles: A Carry the Message Speaker Event - January 25 & 26 10:30amMT-4:30pmMT; 12 Nar-Anon speakers and 12 NA speakers
- Experience the Power of Stepwork. A 6-week interactive journey through the steps. Wednesdays 5 - 7 PM MT starting January 22 through February

Heard in an RMR Meeting Room

When the pain of staying stuck in my current condition exceeds the pain of changing, I'll change!

In God, we live and move and have our being.

A slow recovery is God's way of keeping everything from happening at once.

My HP has to be bigger than my circumstances and has to have the ability to grow with my circumstances.

When I get to the edge of what I know, that is where God exists.

I'm FINE
F@cked up
Insecure
Neurotic
Emotional

I can't set myself on fire to keep other people warm.

Nar-Anon is like a fitness program and my home group is my gym.



Spirituality Section

Two weeks ago, I was circled around a bonfire with some friends. It was a prayer fire, and we were calling in our ancestors' blessings, calling out their names, telling vivid tales and sharing poignant memories about our parents, grandparents and great grandparents for as far back as we could remember.

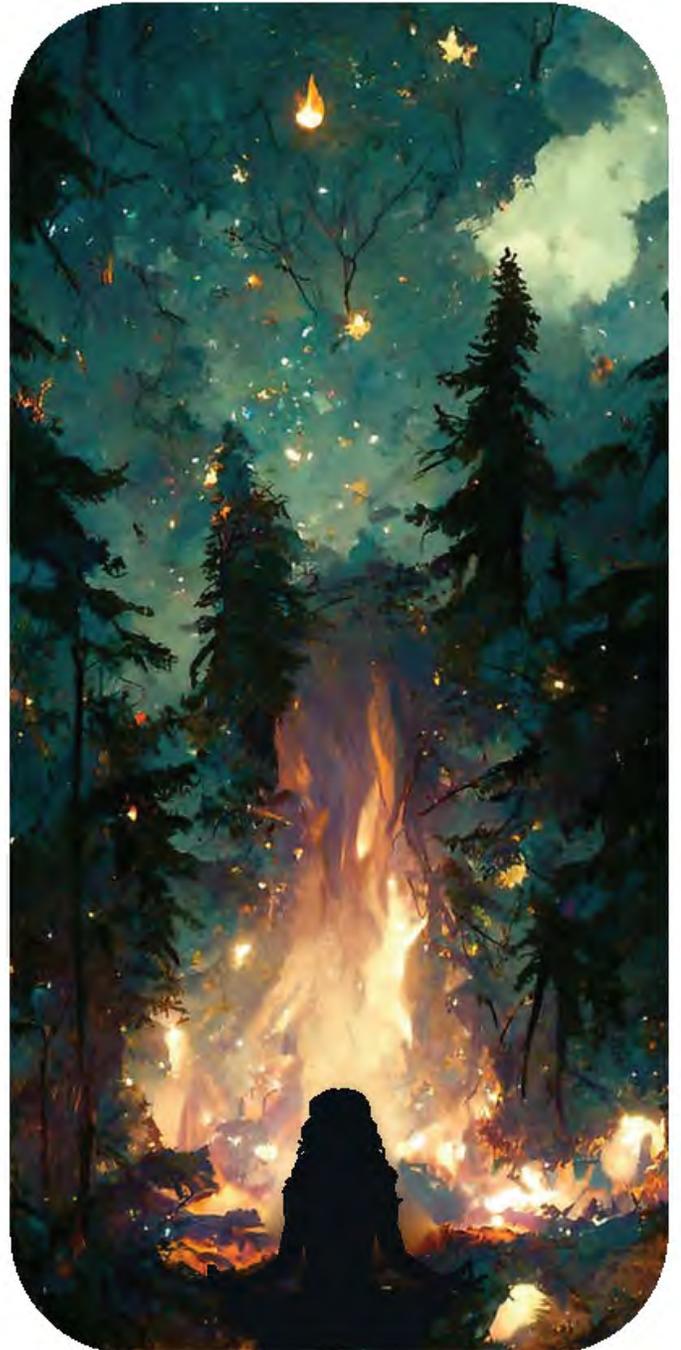
It is said that people live on only as long as the last living person can remember their names. We were talking about the gifts they gave us so that we got to be here: alive, joyous, grieving, (or however we are).

"My grandmother hummed in her kitchen and greenhouse; my great grandfather rode the first trolley cars, waving at everyone, calling them by name, hanging off the backporch of old trains in the rural backwoods, delivering hardware on the world's first interurban railroad..."

My friend brought out a twinkling rattle of tuned bells that she had made from a goat horn. We had instruments and songs. It was all very lively! Then (unexpectedly and to my surprise), our host began to pass around a large silver bowl and asked us each to choose a fold of paper, a message from the Spirit world, we were told. I opened mine and read it by the light of the bright flame. On it were two words I never in a million years thought or imagined I would ever hear.

"I'm sorry."

And it hit me like the lost chord and the world's oldest sound.



Audio Recording of the Month



Spiritual House Party: The path to finding a Higher Power
[Click Here To Listen](#)

**Do you have experience, strength and hope to share on spirituality?
Please send it to us at newsletter@naranonrm.org**



A Member Shares

What is a “God Box,” “HP Vault”, etc. and how, when and why do you use it?

What are you waiting for? Inspiration to strike? The right box to appear? Creativity to be born from the chasm of the feelings of despair and darkness you may be feeling? Don't wait! Higher Power wants to hear from you. Higher Power can't wait to take that thing you're clinging to and turn it into something you never imagined.

I remember feeling that overwhelming sense that often consumes me: the overthinking! But I had had enough! I didn't want these things and I knew who to give it to. Why would I let my lack of creativity or decoupage-ability stop me from giving it to God? So there it was, an old Ziploc bag sitting on my kitchen table. I scribbled “God Bag” on the outside and threw in my first surrender, aptly on a slightly crumpled sticky note, and with the swipe of my finger I zipped the bag and was free!

As my healing journey continues perhaps in me will be born a desire to create a beautiful God box, but for today, I just needed to “let go and let God”— Ziploc bag and all!

I had heard people in our meetings talk about God jars and God boxes for many months. I am very crafty and have been making boxes for years. I had one that I had never used for anything, but just kept on display for decorative purposes. I decided to make this my God box. It is an old cigar box that I covered with pictures of pearls and other jewelry that I cut from magazines and catalogs. I love decoupage and it is something that I have been doing for about 30 years. I then added feet to the box, which are really giant wooden beads I painted white. I have been using it for about a year and I'm happy to say there is still room in it for more. I've given a lot over to God, and it really helps when I write something down, put it in the God box and let it go.

When I was new to recovery, I heard about a God box or God Jar. Here in this jar are my hopes and requests to my Higher Power. I wrap them like small scrolls and tie them with twine. Someday, I will read them and see the prayers that have been answered.

The first time I came into these rooms, I started with the slogan, “Give it to God.” I was able to give my Son to God because I knew in my heart, he had his own Higher Power, and I knew God loved him more than I could ever love him. Very soon into the program I also heard about the God Box or Jar. I had a very special box I would put beautiful and precious things in. Some from my husband who passed, a beautiful Luna Butterfly I found on my porch shortly after I moved into my New Home. There are also a couple special stones I found on hikes in other parts of the country or on vacation in my special box too. This special Box is now what I call my God Box.

Now, I put what I cannot handle but God can, into my God Box. Physically, writing down my problems, concerns, the people in my life that need prayers, help, suffering, etc., all goes into my God Box. And this physical action to me was letting go. I also write down names of people that may be struggling in these rooms and put their names in my God Box that I want God to help.

This box is kept near me in my office during my meetings along with the slips of paper and a pen to jot down their name and say a little prayer before I put that person physically into that box. When I close that lid, I am done with it, because I have physically put that person and/or the situation and date into the God Box giving it physically and spiritually to God.

SESH: April 5: "Be Good to Myself"

SESH: Jan 30: "Faith to Let Go"

Next month's question: What changes have you noticed in yourself, whether in mindset, reactions, or self-care, as you've navigated your recovery journey?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

[Please submit your response here!](#)



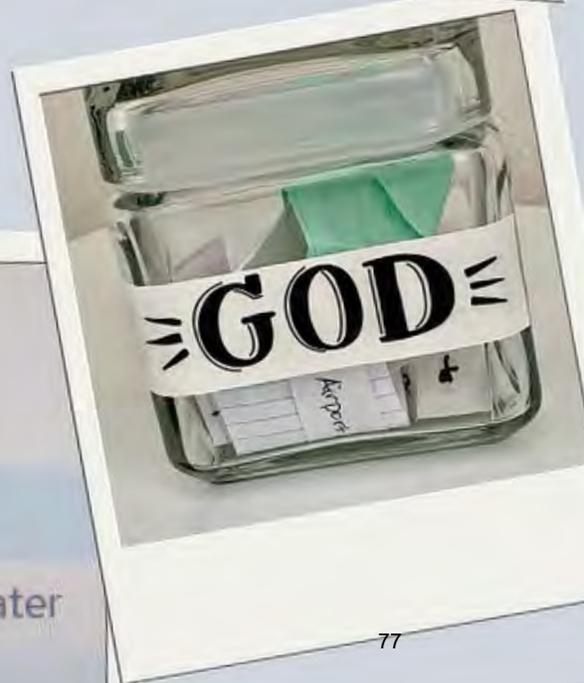
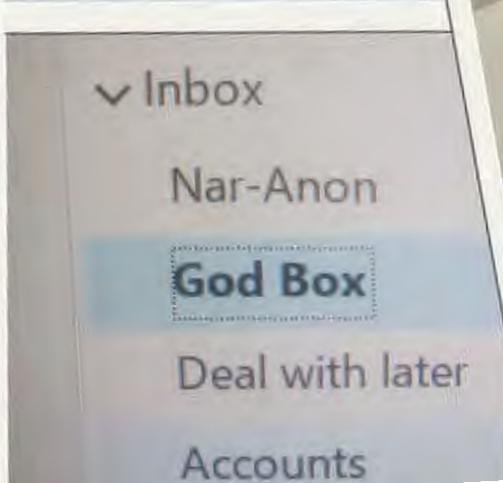
LET GO
AND LET
GOD



Write your prayer down
and give it to God by
folding it into the box.
Take a breath, relax and
stop worrying. Have faith,
let go and let God
take over!



GIVE
IT TO
GOD



2024 Convention

103 registered members and 20 more visiting for one or more events

22 workshops or meetings

Workshops led by 6 RMR NFG's or Committees

3 Nar-Anon speakers

1 NA speaker

3 streamed events on Zoom (available on the website).

Members traveled from 27 States & 2 Canadian Provinces

Over 750 years of recovery at the countdown!

Over \$1400 raised to support the convention to be fully self-supporting

None of which sums up the feeling of being there to deepen my recovery in person with folks I love

I just returned from the annual RMR convention as a first-time attendee and I already know that I'll be returning next year. I am new to Nar-anon (under six months), and the convention was a truly life-changing experience. What a warm place to land! Thanks to the amazing members of our fellowship I was able to let go of my fears and isolation and immerse myself in fellowship and recovery. Hugging and connecting with members I've spent so much time with in Zoom squares but never met in person (including my sponsor!) was beyond special. The convention committee took so much care in planning incredible workshops that brought us together and opened us up. I have new tools, new friendships, and a supercharged commitment to working the program. It took willingness to book that plane ticket, and I'm so grateful I gave myself the gift of attending.

This past weekend, I had the privilege of attending the 2024 Rocky Mountain Region Nar-Anon Convention, themed "Launch Into Recovery." The event took place from November 15, 2024, to November 17, 2024, at the beautiful Denver Marriott Tech Center. As someone who has been a member of Nar-Anon for only two weeks, this convention was a powerful and transformative experience, offering me an inspiring introduction to the strength and hope that the Nar-Anon community provides.

My journey to Nar-Anon began after my loved one enrolled in rehab. At first, I thought my work was done. I believed that with their decision to seek help, the hardest part was over. However, as I began to research addiction and its impact on families, I discovered Nar-Anon. Just two weeks before this convention, I realized that I also had work to do on myself—that recovery wasn't just for my loved one but for me as well. This convention was the perfect opportunity to begin my own healing journey and learn from others who have walked this path before me.

Most Memorable Event: North Star Spiritual Walk
The most unforgettable moment of the convention for me was the North Star Spiritual Walk on Sunday. Each member walked down an aisle lined with Nar-Anon attendees who whispered uplifting and encouraging sayings into our ears. This experience was incredibly moving and reminded me of the collective love and support we all share in this community. It was a beautiful and spiritual moment that I will carry with me as I continue my recovery journey.

Speakers Who Made an Impact
Several of the speakers at the convention had a profound impact on me, offering insights that I will



Outreach Literature



RMR Archive

Look at how much we've accomplished in the just a few years



carry forward in my recovery. Although I'm leaving their names anonymous out of respect and because I'm unsure if sharing them is permitted, their words resonated deeply.

I was especially moved by the Spiritual Speaker of the "Infinite Power" session on Sunday. Their message of drawing strength from a Higher Power and embracing the spiritual aspect of recovery was inspiring and uplifting. Similarly, the keynote speaker during the Saturday banquet delivered a heartfelt and relatable talk that brought hope and encouragement to everyone in attendance.

Saturday was packed with enriching workshops and discussions that provided invaluable tools and perspectives for my recovery journey. Every session I attended offered something unique, but my favorite was: Flight Plan: Journaling for Recovery – Step 11 This session introduced me to multiple forms of journaling that I had never considered before. I learned about techniques such as Prayer journaling, Prompt/Slogan journaling, Doodling/Drawing, and Gratitude journaling. Each approach opened new doors for reflection, creativity, and spiritual connection, making this session especially impactful for me.

Other sessions I attended included:
Carry the Message Speakers: Hearing inspirational stories reminded me of the healing power in sharing our journeys and offering hope to others.

Bet Uranus I Love Service: This session highlighted the joys and personal growth that come from giving back through service work.

3, 2, 1, Blastoff! - Steps 1-3: A motivating introduction to the first three steps, emphasizing the importance of building a strong foundation for recovery.

Same Tools, Different Program - When 2 Worlds Unite/Collide: A fascinating look at how tools shared across recovery programs can lead to mutual support and growth.

Principles Eclipse Personalities: Keeping Meetings Healthy - A reminder of how principle-driven meetings create a respectful and constructive environment.

Put On Your Oxygen Tank: Setting Boundaries & Detaching With Love - This workshop provided essential guidance on establishing boundaries and practicing loving detachment.

A Special Recognition

During the Saturday night banquet, we played a group game to discover how long each member had been active within Nar-Anon. This activity celebrated the diversity of experiences in the room, from longtime members to newcomers like me. As the newest member in attendance, I was gifted a backpack and a journal. What made the journal especially meaningful was that it had been signed by all the attendees, a touching gesture that symbolized the collective support and encouragement of the Nar-Anon family. The group also chanted, "Keep coming back," encouraging every member to continue their healing journey. It was a deeply uplifting and affirming experience.

Sunday Reflections

Sunday provided an opportunity to reflect on the lessons learned and deepen my connection with the Nar-Anon community. In addition to the North Star Spiritual Walk, I attended:

Group Constellation - This session illustrated the importance of group unity and the interconnected roles we all play in supporting one another.

A Creative and Uplifting Atmosphere - The "Launch Into Recovery" theme was brought to life with imaginative space-themed decor and activities, creating a playful yet profound environment. As someone new to Nar-Anon, I found the metaphor of launching into recovery deeply meaningful. It reminded me that recovery is an ongoing journey filled with infinite possibilities for growth and healing.

Gratitude and Looking Ahead

I am deeply grateful to the organizers, speakers, and fellow attendees who made this convention a welcoming and enriching experience. The recognition I received as the newest member, along with the thoughtful gifts of the backpack and signed journal, will always hold a special place in my heart. The North Star Spiritual Walk and the banquet game were deeply moving experiences that celebrated the community and encouraged us all to keep coming back, no matter where we are on our journey.

Attending this convention has shown me that recovery is as much about healing myself as it is about supporting my loved one. I'm leaving this weekend with renewed hope, practical tools, and a strong sense of community. I'm ready to continue launching into a brighter future, one step at a time, and I look forward to attending next year's convention to deepen this journey with my Nar-Anon family.



Reporter on the Street: 8th Annual RMR Convention Edition

Members share about the 2024 Rocky Mountain Nar-Anon Convention

The Reporter on the Street was back at it at the Rocky Mountain Nar-Anon Convention. Some members at the convention were asked the following questions:

1. What were the influences that led you to come to the RMR Nar-Anon convention?
2. What do you like best about the convention?
3. What spiritual experience did you have?
4. How many Nar-Anon conventions have you attended?
5. Where did you travel/come from? (Region, State, Country)

Nancy L. from Cheshire, Connecticut had several influences. She says friends were attending, she has cousins who reside in the area, her son lives in Pine, Colorado and she loves going to conventions in other areas. Fellowship and the speakers were her favorite parts of the convention. She had a spiritual experience just listening to others speak. She has been to five conventions now.

Seeing and visiting my recovery family is the part Debbie B from New Mexico liked best. This is her second convention. She came last year because so many people talked it up last year and it rocked! So, of course, "I wouldn't miss this year's convention." Her spiritual awakening happened while journaling for recovery workshops. I also met my sponsor who lives so very far away from me!

This is my fifth convention, says Terry B. from Connecticut. I came to Colorado to visit my daughter and her family. I have attended in person meetings pre-Covid and I attend Rocky Mountain Region on-line meetings and other friends from Connecticut were coming. I really enjoyed being with Nar-Anon people and being surrounded by recovery.

Alison came all the way from Victoria, British Columbia, Canada for her first convention. She reports she came because she had a desire to take a new step in her recovery and because she heard members share in meetings how transformative convention was for them. She loved meeting all the people she had only ever seen on a screen! All the connections were great, the Saturday night speaker was phenomenal, the workshops were amazing, the spiritual walk was awesome. She says, "It is going to take me a while to process all of the spiritual experiences I had. But for now, 'I can really identify with that' when I shared something I had never said aloud before. There was a spiritual experience in every single hug!"

From Henderson, Colorado, Lori G. explained she came to her first convention because the convention was local. Her spiritual experiences were making connections and exploring what her Higher Power is. She enjoyed seeing her virtual group/peeps in person, meeting new Nar-Anon buddies, making stronger connections and HUGS!

Caroline S. came to the convention from North Carolina. She came because her sponsor encouraged her and she really enjoyed all the fellowship she experienced at her first convention.

An anonymous member with over 30 conventions in her recovery had the spiritual experience of feeling her Higher Power with her in a time of crisis. She decided to come from Connecticut because she had other members to travel with, to "get away" and to experience some more recovery. She stated she really liked meeting everyone in person, the speaker meetings and she loved the jeopardy game of recovery she participated in.

Another member came to surprise her Connecticut recovery family. She has been to too many conventions to count. She also had fun at the jeopardy workshop. Even with her years of recovery, her spiritual experience was that she was reminded that she is NOT in charge, her Higher Power is and always knows what is best for her.

Upcoming RMR Events - *click on event for more info*

GROWING IN SERVICE

Wherever you are on the path of recovery and service - join us to learn and share.

**TUESDAYS | 4PM MST
IN THE CLUBHOUSE**

New Study on Tuesdays
Growing in Service



Carry the Message
HOSTED BY ROCKY MOUNTAIN REGION
NAR-ANON FAMILY GROUP

9:30am Pacific
10:30am Mountain
11:30am Central
12:30pm Eastern

**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

12-28-2024 (Saturday)
Carry the Message - with NA



12-31-2024 - 01-01-2025
New Year New You 5

EXPERIENCE THE POWER OF STEPWORK

Join our
interactive,
intensive, and
intimate journey
through the steps

Presented by the
**Rocky Mountain Region
Nar-Anon Family Groups**

This workshop is a
supplement to working the
steps with the Nar-Anon 36
and a sponsor.

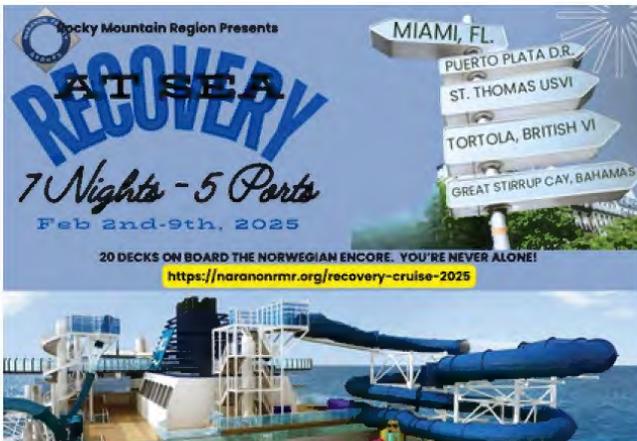
FREE TO JOIN

6 Week Workshop

WEDNESDAYS / 5 - 7 PM MT

Jan - Feb 2025

Experience the Power of Stepwork



2-02-2025 - 2-09-2025
Nar-Anon Cruise



1-25-2025 and 1-26-2025
Carry the Message Speaker Event

The RMR is excited to announce a new in-person meeting

The Dragons Den
3600 S Clarkson St
Englewood CO

Saturdays @. 5:30 pm ~ starting December 15, 2024

The Regional Service Committee invites you to join us!

The purpose of the Regional Service Committee (RSC) is to plan for the general improvement of the groups within the RMR by holding regular business meetings. The RSC members include the Region chair, vice-chair, secretary, treasurer, group service representatives (GSR), regional subcommittee chairs, the delegate and alt delegate. The Rocky Mountain Region (RMR) RSC meets the first Tuesday of each month in the clubhouse from 8:00-9:00 pm. All members are welcome and invited to see how service beyond the group level works.

RSC Corner

On Nov. 5th the first thing the RSC discussed was Narateen. The Region is trying to get Narateen up and running in the Rocky Mountain Region. Colleen B. is spearheading the committee. Any members interested in helping with Narateen, please reach out to colleenbnaranon@gmail.com.

Next a motion to turn on the "polls" function in the zoom rooms was made, discussed and was passed. Hosts and co-hosts will have access to utilize polls for polls and voting during meetings.

It was announced that a new weekly study on Growing in Service would start. The meeting is on Tuesdays in the Clubhouse at 4:00 pm Mountain Time. This is meant to be an educational and supportive hour. If anyone has questions or requests, please email: growinginservice@naranonrm.org

Purchasing display racks to build an archive display to use at in person events was approved.

The treasurer reported that the region is doing well and should be able to make a contribution to World in the next month or two.

Finally, the yearly Rocky Mountain Region all member survey is out! It was launched at the convention. Please go to the main page at naranonrmr.org . There is a link to take the survey. We want to hear from all members that attend meetings in the region in person and digitally.

Recovery Speaker Recordings

www.naranonrm.org/recovery-recordings

You can also email for even more recordings:

ISWU Saturday Speakers:

iswutechcoordinator@gmail.com

Other RMR Recordings:

vicechair@naranonrm.org

Carry the Message recordings:

carrythemessagenfg@gmail.com

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.

The Hole

A STEP 12 STORY

Once upon a time, there was an addict with many people who loved them. At first, the addict got high without any consequences. The family didn't even know they were using drugs. It was fun. Eventually, the fun turned into problems. The problems turned into a crisis forming under the addict. Before they knew it, they were deep into the disease of addiction, and the hole swallowed them up. They couldn't get out!

Denial set in, and they didn't even notice how bad it was or how much trouble they created. The family members saw this and wanted to help, so they walked over to the hole's edge and looked in. Help! Screams the addict "I need money", "Bail me out of jail" "I'll never do it again", "I am hungry, and I need a place to stay!" The family and friends could not resist. They jumped in the hole, not realizing there was NO WAY OUT. Rats! The addict keeps using, and the hole gets deeper and deeper and deeper. Addiction spares no one. Everyone is drowning.

One day, a sober addict walks by the hole. It is familiar to them. They have been there and know the way out of the pit of addiction. So, they jump into the hole to carry the message to

the addict who is suffering. Crap! Yells the addict. Now there are three of us in here. "Don't worry, I know the way out," says the sober member of NA. Take my hand and walk up these 12 steps. They will take you to a new world - a world of sobriety, friends, happiness, and purpose.

Hooray, screams the family! Finally, we are going to get what we always wanted. They watch as the addict and member of NA take the 12 steps to freedom, cheering them each step of the way. Then in the darkness and silence, it hits them. They are still in the hole - alone - WITH NO WAY OUT.

As a member of Nar-Anon, it is my job to jump in the hole, grab the family member's hand, and walk them up the 12 steps to freedom. If you are a family member reading this, it is your job to take my hand!

NAR-ANON VISION STATEMENT ©

WE WILL CARRY THE MESSAGE OF HOPE THROUGHOUT THE WORLD TO THOSE AFFECTED BY THE ADDICTION OF SOMEONE NEAR TO THEM.

WE WILL DO THIS BY:

- **LETTING THEM KNOW THEY ARE NO LONGER ALONE**
- **PRACTICING THE TWELVE STEPS OF NAR-ANON**
- **ENCOURAGING GROWTH THROUGH SERVICE**
- **MAKING INFORMATION AVAILABLE THROUGH OUTREACH ENCOMPASSING PUBLIC INFORMATION, HOSPITALS, INSTITUTIONS, AND WEBSITES**
- **CHANGING OUR OWN ATTITUDES**

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

Spiritual Principles of Tradition 12: Unity, Anonymity, Humility, Goodwill, Service, Common Good.

Anonymity stands strong in all of our Traditions to provide security for the work of the greater good to be done. Anonymity is a state of bearing no name, in keeping with Tradition 12 the I becomes we. Every other principle is built upon the premise of anonymity and equality. In a word - unity.

Setting ourselves aside and focusing on the principles of our program is a crucial key as we practice the Traditions. This is how we learn to be in healthier relationships with others. Tradition 12 guides us to let go of all that keeps us from unity, especially ourselves.

While anonymity is often thought of as last names or confidentiality, at its heart, anonymity is about accepting each other regardless of who we are. A spirit of sacrifice is important for good relationships. It moves us from self-focused to selfless. From me to we. From fellow to fellowship. We are all different, but we allow each other to recover in dignity and to carry the message to the best of our ability.

Anonymity provides each member with equality. No member is higher or lower in status than the next. Within the rooms we set aside all that may separate us in the outside world. Anonymity begins by letting go of our prejudices, our judgments, and others' personalities. Then anonymity continues when we set aside and let go of our own personality and turn the focus to the spiritual principles of the program. As we surrender ourselves we are able to be humble and keep the focus on the common good of the relationship, group, and fellowship.

We want to keep personalities out of our decisions. It is deep in human nature to jump to conclusions based on past interactions or our very shallow view of a person. Tradition 12 challenges us to lay aside these prejudices about others and allow space to hear what they say. This is true for those we admire, respect, and hold in high esteem, as well as those whose personalities we find to be difficult.

The need to place principles above personalities is often most useful when doing service. We may have to check ourselves in the spirit of sacrifice and ask questions such as

Is this person really the best candidate for the position or am I just voting for them because they are my friend?

Am I more willing to tolerate unhealthy behavior from some members more than others?

Am I ignoring a person's idea just because their delivery is irritating to me?

Am I pushing my own agenda and not stepping back and allowing the group to come to a consensus?

Am I respectful in my listening to both the old-timer as well as the newcomer, treating all as equals?

Do my standards change depending on who is involved?

Tradition 12 brings calm to our lives as we let go of control and drama and allow our Higher Power to guide us in relationships, in our groups and in service.

HIGHER POWER -
*Help me to remember,
The Traditions & Concepts are for
me to practice. not for me to
enforce*

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 copy-write release form)

HIGHER POWER - Help me to remember.

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

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

Concept 12 reminds us that no one is "in charge" in Nar-Anon. It is a beautiful reminder of how our Traditions and Concepts work in unison to provide us with a safe, healthy place to recover. On reflection of Concept 12, I am immediately reminded of 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.

I remember being new to Nar-Anon and thinking that the person doing the format reading at a particular meeting was "in charge." It took more than a few meetings, paired with attendance at ISWU's Traditions and Concepts Study for me to accept what it means for us to practice Concept 12 and Tradition 2. There truly is not someone in charge in Nar-Anon. We all work together to help carry the message to the family member who still suffers.

The point of our Service Structure, and service in general, is not to put someone in charge. Certainly we sometimes have people serve as a trusted servant with the label of "chair," but the role of the chair is to be the voice of the members. Participating in service to the Nar-Anon fellowship has taken my recovery to the next level. I have been on many committees that have seemed to have an end goal: house parties, newsletter, convention, outreach.

It's awesome to be involved in events that create spaces for other family members to find us and to recover in. Ultimately, I do service so that I can recover. I have a space to practice these principles in all my affairs and to glimpse at what it can look like in the world without having a single person in charge.

"The highest rank in Nar-Anon is member."



ROCKY MOUNTAIN REGION NFG
AN HOUR DEDICATED TO LEARNING AND
APPLYING THE PRINCIPLES AND TOOLS OF THE
PROGRAM IN SERVICE

GROWING IN SERVICE

Wherever you are on the path of recovery and
service - join us to learn and share.

**TUESDAYS | 4PM MST
IN THE CLUBHOUSE**

GrowingInService
@naranonrm.org naranonrm.org

RMR
Clubhouse
Click here to enter

Interested in learning more about service? Join us for "Growing in Service" - an hour dedicated to learning and applying the principles and tools of the program in service.

The purpose of this hour is to support each other as we grow in service by understanding the Nar-Anon service structure, materials, and principles. It is meant to support all members in their service to the Nar-Anon Fellowship.

We recognize that our recovery is dependent on three pillars - working the program, fellowship, and service. This hour is dedicated to improving our understanding and effectiveness of the third pillar, service.



The New Year is coming,
where do YOU want to be?
Come recover with us!



Rocky Mountain Region Nar-Anon Family Groups present:

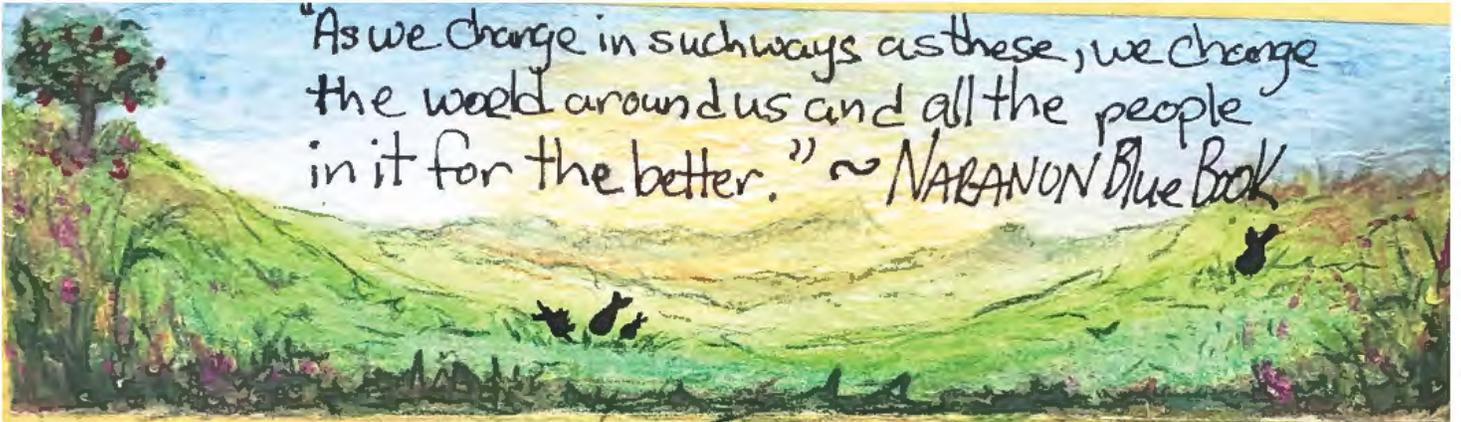


a GLOBAL Nar-Anon House Party

24 meetings in 24 hours

If your group is interested in leading a meeting
Email newyearnewyou@naranonrm.org

Ring in the New Year with your Nar-Anon family!
Starts 8pm EST Dec. 31, 2024
Ends 8pm EST Jan 1, 2025
naranonrm.org



To our members...

*Just for today,
I can let go and let God
and
see what happens...*

[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. Each submission must be accompanied by a signed release form before it can be published.

** Next Issue Submission Deadline is the 15th of each month **

Upcoming Themes:

January 2025 Changes in Me

February 2025 Self-Compassion

March 2025 The Pillars of the Program (Service, Recovery, Fellowship)

NEED HELP?

CALL THE
HOPELINE

888-307-9890

www.naranonrm.org





Rocky Mountain Recovery

January 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

"Changes in Me"



We are changing! As we work the program, keep showing up, think of a slogan, change a behavior, let go of old ways - we experience change. Sometimes change comes quickly ("I am never going to do THAT again!") and sometimes slow ("I hadn't even noticed I've stopped doing that..."), and either way it comes.

We see the changes in other people in the rooms, often before we see our own. As we watch the stories unfold, newcomers become regular faces, and lives become more peaceful. We also see growth in people who came before us, as they attain even higher levels of that thing we wanted that we saw in them.

We get to be the change we want to see in this world. As we change individually, so does the world around us. That's why in this issue we celebrate the "changes in me."

Our Region Survey

Don't miss your chance to fill out the Rocky Mountain Region annual survey before it closes!

RMR Member Survey

*Warmly,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	Letter from the WSO	Step, Tradition & Concept of the Month
Heard in the RMR rooms	Experience, Strength, & Hope	Meeting Birthdays	Spirituality

Are there any Nar-Anon related announcements?

- **New Year New You #5:** A Global Nar-Anon House Party - Dec 31st – Jan 1st until 6 PM MT. 24 Meetings in 24 Hours in the Main Virtual Meeting Room.
- The 2024 [RMR Member Survey](#) is available on the website. To better serve the groups, each year the RMR conducts a survey of our members. Anyone who attends groups in the Region either in person or virtually is invited to participate in the survey.
- **Growing in Service:** An hour dedicated to learning and applying the principles and tools of the program in service. Tuesdays 4 PM MT in the [Clubhouse](#).
- **Spiritual Principles: A Carry the Message Speaker Event** - January 25 & 26 10:30amMT-4:30pmMT; 12 Nar-Anon speakers and 12 NA speakers
- **Experience the Power of Stepwork:** A 6-week interactive journey through the steps. Wednesdays 5 - 7 PM MT starting January 22 through February
- Join us on the first ever **Nar-Anon Cruise** February 2-9, 2025. Click [here](#) for more info!

Heard in an RMR Meeting Room

“Prayer is a dialogue not a monologue”

“The longer I take to let go, the longer it takes for God’s plan for my life to come to fruition”

“Just because I don’t do drugs, doesn’t mean I’m perfect”

“My ego protects itself from self discovery”

“A rudder will not guide a boat unless the boat is moving”

“Step 9: Get off the seesaw. It’s not about reciprocity, It’s about stepping off the seesaw.”





Nar-Anon Family Group Headquarters, Inc.

WORLD SERVICE OFFICE

Dear ,

We are reaching out to communicate an urgent financial situation within our fellowship.

The 2024 budget presented at the IWSC showed the monthly total income required to service the needs of the fellowship is \$35,000. This has only been met twice thus far, in January and again in September. Literature sales and contributions have not kept pace with what is required. The monthly financial statements posted reflect our current situation. **YTD our fellowship reflects a loss of \$44,197. January 2024 operating cash was \$54,012; November 2024 operating cash is \$2,296.**

We are taking the following steps to address this situation:

- A recent employee resignation created a vacancy in the production department. We will not fill this vacancy.
- All remaining employees have taken a 20% reduction in pay.
- We will not purchase any supplies needed to produce literature. We will only utilize our current paper inventory to fill orders.
- We will not produce any additional literature beyond the supplies currently on hand.
- We will continue to sell literature on hand.
- As literature inventory is depleted, we will indicate "SOLD OUT" on the website and will direct members to purchase e-book versions if available.
- We are reviewing all current contracts to determine how to cease our responsibility.

The World Service Office (WSO) provides vital services to the fellowship as a whole – not just to the United States, or the North American continent. For a sustainable future in Nar-Anon, we need income that keeps the focus on our mission of helping friends and families facing addiction. As a result of the above actions, the level of service that the WSO currently provides will decrease. Your patience is needed during this time.

We need always remember Concept Two: "The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups." A contribution to your group is a contribution to the services of the entire fellowship – not just to the group, not just to the region, not just to the NSO. Some groups are not able to contribute beyond keeping meetings healthy and that is understandable.

We urge groups and regions with funds to do their part to ensure the services of the WSO can continue. Regular contributions of funds in excess of prudent reserves are needed at the World level to ensure the health and future of our fellowship.

<https://www.nar-anon.org/contribute-to-nar-anon>

In Loving Service,

World Service Board of Trustees

A Member Shares on the State of Our Fellowship

Hello, I am a grateful member of Nar-Anon Family Groups. Our fellowship has given me a new and better way to live. For the first time in my 60 years of life I feel like I am truly living the life that my Higher Power has planned for me. I am happy, joyous and free.

My Nar-Anon program has taught me that when something is bothering me, I need to pray and meditate until I receive guidance from my Higher Power. When I pray and mediate with my Higher Power, I am always given the guidance (the next right action) that I need.

Recently, I learned that our Fellowship is struggling financially. This is not a new struggle for our Fellowship during my short time as a member, but my understanding is that our World Service Office is in serious need of financial contributions from our members, groups and regions.

I have prayed to my Higher Power about this and the last prayer I said last night before I slept was for guidance on what I can and should do to support my Fellowship. When I woke up this morning I had received the guidance that I prayed for. The first action/guidance was to visit Nar-Anon.org and set up a recurring contribution to the World Service Office in the amount of \$10 per month. The second action/guidance was to share my experience, strength and hope with my Nar-Anon Family. So, this share is the second action.

I have learned that the Seventh Tradition of the Nar-Anon Family Groups is, in part, about the Spiritual Principles of Responsibility and Unity. I am responsible for the health and future of my/our fellowship. I fulfill my responsibility through contribution to my/our fellowship. I contribute by practicing the spiritual principles

of our Twelve Steps, Traditions and Concepts and by supporting other members in doing the same. I contribute through service at every level of my/our fellowship, and through sharing my conscience (ideas, thoughts and questions) in collaborative and productive way. I contribute financially to my/our Fellowship rather than donate to it.

Contribution makes me a part of both the solution and our Fellowship. I contribute to the Unity of our Fellowship by trying not to judge others or place blame for our Fellowship's financial struggles and by doing what I can do to be part of the solution.

Reading from Our Traditions booklet, "Our common welfare refers to the health, happiness, and unity of our groups. We want our fellowship to grow and be a place where people find the help they need".

Together we can.

In Peace, Love and Unity,

A Grateful Member of Nar-Anon Family Groups

P.S. In the event that you are guided and able:

nar-anon.org/contribute-to-nar-anon

Do you have experience, strength and hope you'd like to share with our Region?

Please send it to us at

newsletter@naranonrm.org

From Our Delegate

What is the World Service Conference?

What are motions?

And why should I care?

The 2025 World Service Conference (WSC) is fast approaching! The conference is a business meeting held every other year. Delegates from regions around the world come together to vote on motions that affect the Nar-Anon Family Groups as a whole. This year, the WSC will be held April 25-28, 2025. Regions worldwide developed motions with the intent to help support our primary purpose and promote the growth and development of our fellowship. This year, there are 35 motions, thankfully down from the 89 motions last year!

The motions are presented in the Conference Agenda Report, or CAR. Each motion is written in the CAR, as well as the intent behind the motion, the rationale for why the motion is needed, and any anticipated financial impacts if the motion is passed. All Nar-Anon groups and their members have an opportunity to review and discuss the motions in the CAR and have their voices heard. Concept Two states, "The final responsibility and authority for Nar-Anon services rests with the Nar-Anon Family Groups." The motions this year include those intended to approve, affect, or update literature, motions to change aspects of the World Service Conference, motions affecting the Board of Trustees, motions about Narateen, and motions affecting committees and the service structure.

Concept Six states, "Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions." Your delegate, Kari J, will be sending resources to

the region and the GSRs to help support members learn about the motions and discuss them. The region will also hold workshops for the GSRs and interested members to discuss the motions. Whether it is in your family group or in a workshop sponsored by the region, you will have an opportunity to contribute to the formation of a group conscience.

As you read and discuss motions, you might ask yourself whether or how a specific motion might affect your group or Nar-Anon as a whole. You might also use the lens of the Twelve Traditions and Twelve Concepts to help inform your viewpoint.

The conscience of your group regarding the motions will be recorded in a Tally Sheet and sent to your delegate and alternate delegate to take to the World Service Conference. As Nar-Anon members, we make our voices heard through the World Service Conference. We have the authority to make these decisions about how our fellowship works. This is our responsibility. - Kari J, Delegate

“

Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions.

”



*Audio Recording of the
Month*

Keeping Our Meetings
Healthy 4.28.2024

[Click Here To Listen](#)



A Member Shares

Q: What changes have you noticed in yourself, whether in mindset, reactions, or self-care, as you've navigated your recovery journey?

I read in our literature that addiction is not about good and bad, it is a matter of illness. I realize that now, but it took me a long time -- and Nar-Anon -- to see the truth. I thought it was a choice for a long time. That made me angry. Then, when I realized it was not a choice, but my ALO wouldn't admit it, that made me even angrier. Finally, when he admitted he was an addict, but wouldn't seek help, I began to hate him. Now, I see he has a disease and I have let a lot of my anger and resentment go. I don't hate him anymore, but I hate the disease. I love my ALO. He is trying his best. I know he has many successes that I do not even know about. I no longer judge him. I try to accept who he is and where he is. I love him because he is a good man and he deserves my love. That love and understanding is a gift from Nar-Anon.

Thanks to Nar-Anon I have gratitude each and every moment! Now I can give anything that comes at me to god, he is with me beside me, we're walking through recovery one day, one moment at a time. God is my higher power! Wow, it's Love, it's Smiling. I'm not reacting anymore like I use to.

Gratitude, Gratitude, Gratitude

I have been working on finding and keeping my serenity. Nothing is worth giving away my serenity. I remember the first time I heard the question: "Do you want to be right, or do you want to be happy?" It made so much sense. I was always sure my way of doing things was best. My controlling gave me no serenity, because not only couldn't I control my ALO, I couldn't even control myself! I find serenity when I turn the focus on myself and try to live my best life. A year ago, I was just learning how Nar-Anon could help me. It has changed my life and made my serenity the most precious thing. I find peace of mind and connection with my Higher Power when I work my program -- just for today.

Someone once said, "don't just dabble in awareness." When you "dabble" in awareness you're left sitting in a pile of all the personal junk you've kept stored away in yourself, surrounded by it and often too overwhelmed about where to even start de-cluttering. When you work the steps of Nar-Anon it gives you the small and simple steps you need to take all of that awareness and turn it into well organized action! Because of Nar-Anon I have found my way out of my piles of awareness and into my well ordered life of peace and serenity, one small step at a time.



A Member Shares

.....continued

I am a whole lot calmer, more at peace, I worry less. I don't react to things like I used to. I am able to notice and enjoy the little things in life.

I have discovered myself. I know what I like now, what I don't particularly care for. I am learning to PAUSE and pray when agitated or doubtful. I try to connect with my Higher Power often throughout the day. I feel more peace and am able to focus on myself and what is mine to do.

I am starting to respond instead of react. I am beginning to put myself back on my list of things that are important and get honest. So much of a mess my personal affairs are as a result of focusing on my addicted loved ones life instead of mine. My mindset is slowly starting to calm and I am connecting and trusting God more. I'm only on step 1, but the changes are meaningful for me and I look forward to what further progress I can experience as I continue to recover.

SESH Jan 20th Growth
SESH April 30 Wisdom

Next month's question:

In the rooms we are often so compassionate towards one another, reminding each other that we didn't know any better yet. But what about self compassion? How do you show yourself the compassion you need on your healing journey?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

[Please submit your response here!](#)

Rocky Mountain Region Committees

Regional Chair Positions are Opening

Service is the third pillar of recovery. All members of the Rocky Mountain Region Nar-Anon Family Groups are encouraged and welcome to participate in any Committee. <https://naranonrmr.org/service-committees/>

Each committee has a Chair who is voted in for a one-year term (3 year max) each February at the Winter Assembly. The 2025 Winter Assembly will be on Feb 15, 2025 at 8:30 AM MT. All members are welcome to observe. <https://naranonrmr.org/rmr-information/>

Committees looking for new regional chairs include:

Outreach outreach@naranonrm.org

Hope Line hopechair@naranonrm.org

Newsletter newsletter@naranonrm.org

Digital SEO digitalseo@naranonrm.org

The Sponsorship ad-hoc committee is also looking for members. This committee creates and facilitates 2 house party events per year and is a great beginning committee for a newer member who just wants to get their feet wet. They meet for short periods of time just prior to each house party. For more information email sponsorshipcommittee@naranonrm.org

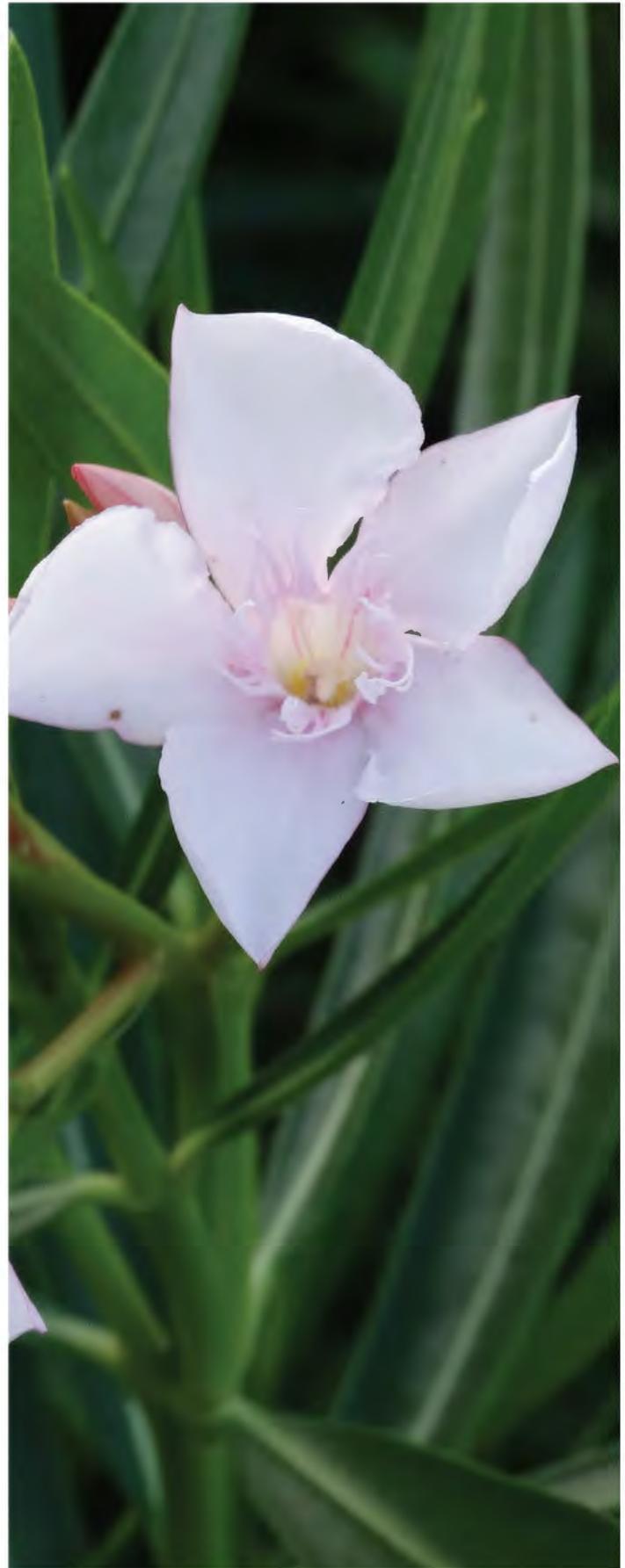
If you would like to stand as Chair of any of these committees, please talk to your sponsor. Feel free to reach out to committees directly and be prepared to speak for a few minutes at the Winter Assembly.

Plan to share a brief reference on

- how long you've been in Nar-Anon,
- why you would like to run for the position,
- your experience in service (trusted servant positions you have held), and
- any experience you have studying and working with the 12 Traditions and 12 Concepts.
- experience working with Google Drive is helpful.

Also, you do not have to live in Colorado to run or serve! Our members come from all over.

Service is a primary way we give back to our Fellowship. To learn more about our Region level committees; what they are, when they meet, how to join, we invite you to attend the Growing in Service hour on Tuesday January 21st at 4:00 PM MT in the Clubhouse.



Upcoming RMR Events - *click on event for more info*



12-31-2024 - 1-01-2025
New Year New You 5

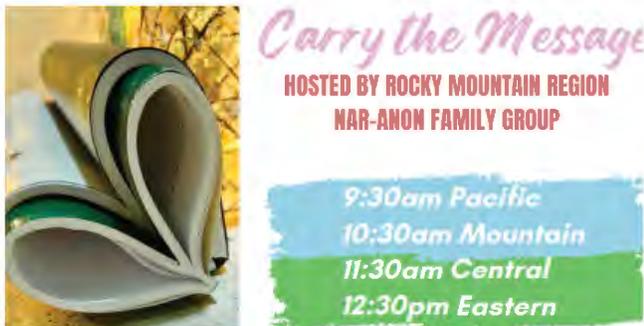


Presented by the
**Rocky Mountain Region
Nar-Anon Family Groups**

■ This workshop is a supplement to working the steps with the Nar-Anon 36 and a sponsor.

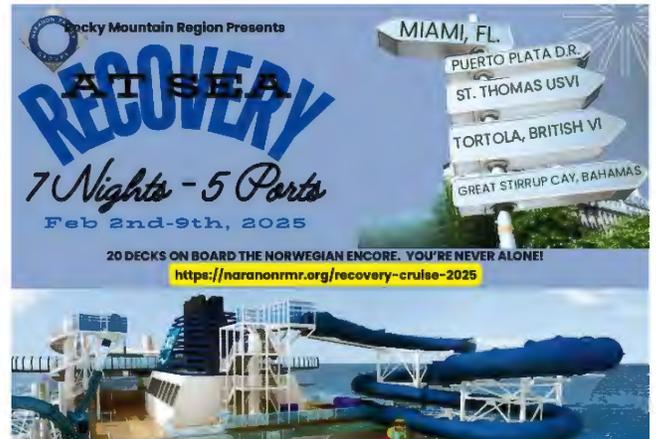
WEDNESDAYS / 5 - 7 PM MT

1-22-2025 - 2-26-2025 (Weds)
The Power of Stepwork



**NAR-ANON & NARCOTICS ANONYMOUS
SPEAKERS**

1-25-2025 (Saturday)
Carry the Message - with NA



2-02-2025 - 2-09-2025
Nar-Anon Cruise

Recurring Weekly Events

**GROWING
IN
SERVICE**

Wherever you are on the path of recovery and service - join us to learn and share.

**TUESDAYS | 4PM MST
IN THE CLUBHOUSE**

Tuesdays at 4pm MST
Growing in Service

**TRADITIONS
AND
CONCEPTS
STUDY**

Join us after It Starts With Us to explore how we live and work the traditions and concepts of Nar-Anon in our lives, recovery, and service.



RMR Virtual Meeting Room

Click here to enter

**EVERY
WED
8 PM**

Wednesdays at 8pm MST
Traditions & Concepts Study



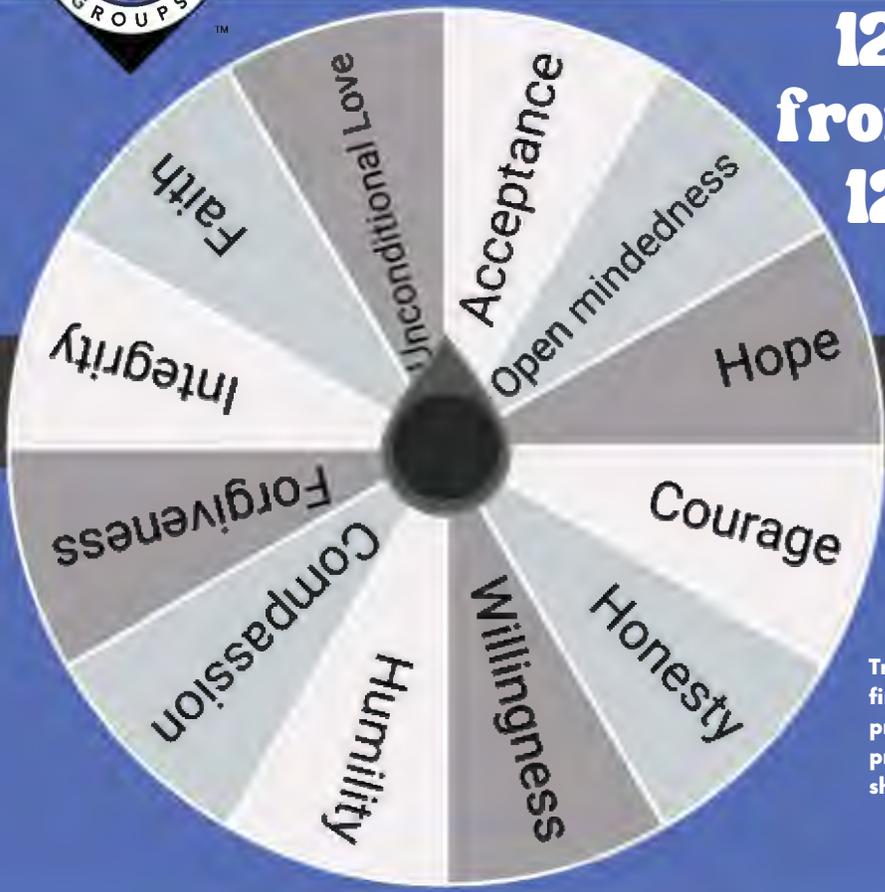
Rocky Mountain Region
Nar-Anon Family Groups presents:

Spiritual Principles



hosted by: **Carry the Message**

**12 Speakers
from Nar-Anon
12 Speakers
from NA**



Saturday January 25 @ 10:30am MT-4:30 pm
Sunday January 26 @ 10:30am MT-4:30 pm

This event is held as a Nar-Anon Family Group event and as a public information session from Narcotics Anonymous.

Tradition Six: Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity we should always cooperate with Narcotics Anonymous.

naranonrm.org

EXPERIENCE THE POWER OF STEPWORK

Join our
interactive,
intensive,
immersive, and
intimate journey
through the steps

Presented by the
**Rocky Mountain Region
Nar-Anon Family Groups**

■ This workshop is a
supplement to working the
steps with the Nar-Anon 36
and a sponsor.

WEDNESDAYS / 5 - 7 PM MT

Zoom ID: 36 1212 1212
Passcode: BTDT!

BTDT36@AOL.COM

FREE TO JOIN

6 Week Workshop

JAN 22

FEB 12

JAN 29

FEB 19

FEB 5

FEB 26

The 12 Steps

2025

The Twelve Steps provide a catalyst for change that can be profound and lasting. Working these steps can transform the lives of individuals and families.

Having made a commitment to change by working the Twelve Steps of Nar-Anon, we recognize that recovery is a process and we will use these steps again and again. Like the slogan, progress not perfection, each time we work a step, we gain a deeper understanding of ourselves and the progress we have made. We can compare the Twelve Steps to a flight of stairs. We use them many times until they become a way of life, leading us to peace, joy and serenity.

Meeting Anniversary Shout-Outs

January 18, 2011	Wednesday Noon	14 years
January 28, 2011	Friday Night Wheat Ridge	14 years
January 28, 2013	Highlands Ranch Hopefully	12 years

Wednesday Noon Anniversary

The Denver Wednesday Noon meeting was the first daytime Colorado meeting, hence the name. Our first meeting was held on Wednesday, January 12, 2011 at the Evanston Center for Spiritual Wholeness and Healing. We moved to Highlands Church in May 2023, which has a comfortable room with a large screen TV and two lockers to store our Nar-Anon supplies.

March 13, 2020 was the first day of isolation because of COVID and we weren't able to continue meeting in person. In less than two weeks, the Rocky Mountain Region had set up Zoom virtual meetings. We used a member's personal laptop when we could again meet in person with the additional hybrid option, which began in November 2020. After several group conscience meetings and thanks to generous donations, it was decided to purchase a laptop with an additional camera/speaker to be used exclusively for our meetings.

Over the years, we've hosted fellowship events outside of our regular meetings including summer picnics, luncheons, parties and our Nar-Anon anniversaries.

Hundreds of people have joined our meetings since 2011. With the time differences throughout the world, people join us from many countries. We have many different loved ones of addicts attending our meetings, including spouses, ex-spouses, siblings, parents and other relatives as well as friends. We feel very fortunate that our attendees are supportive to one another, receive strength and hope from each other, share and participate in the program with respect toward all while honoring our anonymity. We honor diversity in faith beliefs as well as identity.

Recovery Speaker Recordings

www.naranonrm.org/recovery-recordings

You can also email for even more recordings:

ISWU Saturday Speakers:

iswutechcoordinator@gmail.com

Other RMR Recordings:

vicechair@naranonrm.org

Carry the Message recordings:

carrythemessagenfg@gmail.com

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

I attended a meeting once where one of the questions asked was "what is the most difficult thing you have done since coming to Nar-Anon?" The answer came right to me: the most difficult thing I have done since coming to Nar-Anon is working a solid Step 1. Taking that first step. Admitting to my innermost self that I am completely powerless over the addict and that my life had become unmanageable is by far the most difficult thing I have gotten to do since coming to Nar-Anon in 2022.

Powerlessness is my dilemma. I could not fathom it. I could feel my body having a physical reaction every time I heard the word "powerless" mentioned in a meeting (which was obviously pretty often.) Even though it had been proven to me over and over and over again that literally nothing I said or did was able to get the addict to stop using drugs, I was unwilling to admit defeat. There is a problem of addiction in a relative or friend and I was determined to fix it.

It was not until coming to Nar-Anon and witnessing the freedom others were experiencing from having taken this step that I was able to begin to broach the idea that I too, might WANT to admit I am powerless. If I can admit that I am powerless, and that I am not responsible for this addict (or their addiction) what could my life look like? If I admit I am powerless and stop trying to control another person, how much time will I free up to do literally anything else with?

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

Imagine being in a room with a group of people you don't know personally, and you share your opinion on a topic that you feel passionate about, only to find out that the rest of the group doesn't share your point of view. Before joining my home group (a healthy home group) in Nar-Anon, I would have expected to fight tooth and nail to have my idea heard. I would have expected to be ousted and gossiped about.

This is the beauty of a Nar-Anon group adhering to Tradition One. Our Common welfare should come first; personal progress for the greatest number depends on Unity.

Tradition One ensures that all Nar-Anon members are valued and that even the lone voice in a group will be heard. Everyone's point of view is considered when determining the next right step for the group's common welfare. Before joining Nar-Anon, I didn't always feel seen or heard. I am very grateful to have found a fellowship that appreciates me and lets me know through their actions that I matter.

*HIGHER POWER - Help me to
remember.
The Traditions & Concepts are
for me to practice, not for me to
enforce*

Do you have experience, strength and hope to share on Step 2, Tradition 2 or Concept 2?
Please send it to us at newsletter@naranonrm.org (along with a copy-write release form)

HIGHER POWER - Help me to remember.

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

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.

On April 22, 2018, representatives from groups in Colorado gathered to discuss the formation of a Nar-Anon region. Becoming a region would unify the groups, pool our resources, and give us a voice and a vote at World Service Conferences. Most importantly it would allow us to work together to reach those in need of a solution to the effects someone else's addiction has on them. Eleven Nar-Anon members from nine of the eighteen groups attended the first meeting. They unanimously voted to form The Rocky Mountain Region Nar-Anon Family Groups (RMR NFG).

This was Concept One in action. The groups agreed to create a region that would develop tools and resources. The Region Officers and Subcommittees would coordinate their efforts to fulfill the requests of the groups. Once the regional structure was formed these same members agreed to maintain the services developed.

What was important to the groups when the region first formed? They wanted a website naranonrm.org where the meeting days and times could be posted. The website, they said, would help carry the message to the friends and families in need of support. Some felt it was important to build a relationship with NA and have a convention at the same time and location as the Colorado Regional Convention of Narcotics of Anonymous known as CRCNA. The monthly Carry the Message event was born out of this vision. Other members felt passionate about organizing a Narateen meeting. Still others focused on forming an Outreach Committee.

The members in attendance that day decided meeting monthly would allow for the most progress. They agreed to a set schedule of ten RSC calls and two assemblies a year. It was this commitment to dedicate ourselves to building the region and growing our membership that put us on a track to succeed.

This commitment continues today. New members with a willingness to carry the message of hope joined groups in the region. It was their ambition and vision to request the formation of additional committees that would meet the needs of the groups. Once the idea comes to the region, a discussion is held and a vote taken.

The Digital/SEO Committee was formed to help coordinate the efforts to make the Nar-Anon Speakers and House Parties (virtual events) recordings easily accessible on the naranonrm.org. The Literature Development Committee works with the World Service Literature Committee to write Nar-Anon's Literature. The newly formed Newsletter Committee inspires and informs Rocky Mountain Region Members each month.

When groups form a region, they are encouraged to attend the World Service Conference (WSC) and the Interim World Service Conference (ISWC) by sending an elected delegate and alternate delegate to the conference. Since inception the RMR has sent three delegates and alternate delegates to carrying our voice and vote in matters that affect Nar-Anon, a Worldwide fellowship. The region also proposed ideas and changes in the form of motions, these motions were approved at the WSC 2021 and WSC 2023.

The Rocky Mountain Region is dedicated to continued growth through developing, coordinating, and maintaining service on behalf of the groups in the region. We hope all members of our region will join us in this effort.

Do you have experience, strength and hope to share on Step 2, Tradition 2 or Concept 2?

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



To our members...

*Our changes show so brightly when
we share our experience, strength, and hope.*

[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. Each submission must be accompanied by a signed release form before it can be published.

** Next Issue Submission Deadline is the 15th of each month **

Upcoming Themes:

February 2025 - Self-Compassion

March 2025 - The Pillars of the Program (Service, Recovery, Fellowship)

NEED HELP?

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www.naranonrmr.org





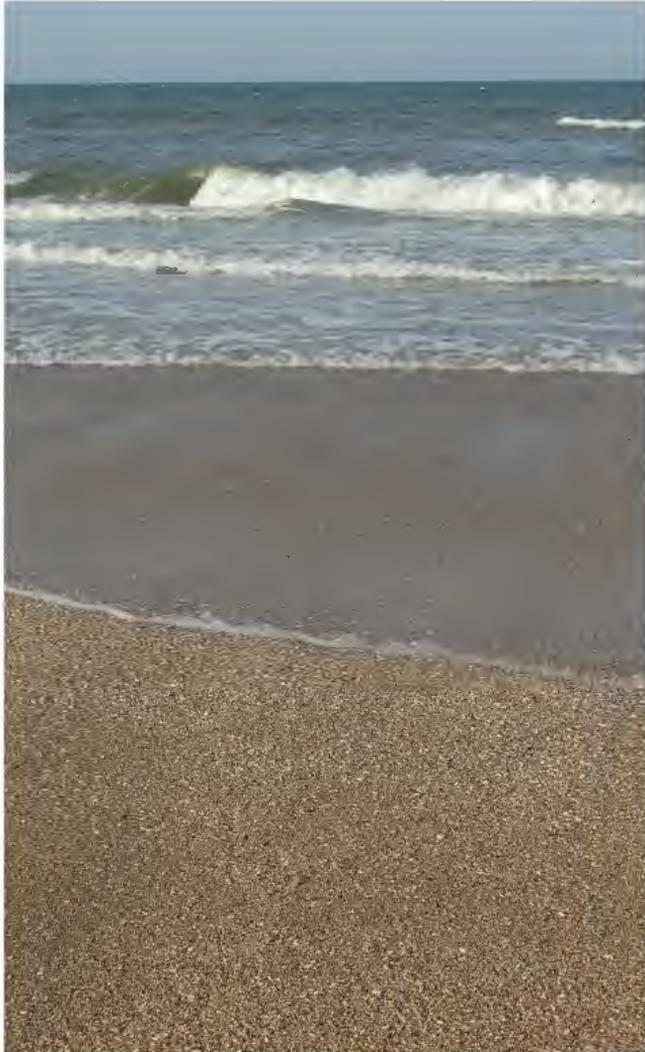
Rocky Mountain Recovery

February 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

"Self-Compassion"



For many of us, we enter the rooms of Nar-Anon focused on the needs of others, often to the detriment of our own.

This issue explores self-compassion, the practice of being kind and understanding to ourselves. Giving ourselves the same grace we might give others. It is a way of emotionally recharging our batteries. Rather than becoming drained by helping others, self-compassion allows us to fill up our own internal reserves so that we have more to give to those who need us.

We can begin to find self-compassion by accepting ourselves the same way that we learn to accept others as they are, by practicing "Live and Let Live," and remembering that we don't need to be perfect.

Change does not come instantly, but "One Day at a Time".

*Sincerely,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	My Journey Toward Self-Compassion	Step, Tradition & Concept of the Month
Heard in an RMR Room	Experience, Strength, & Hope	Delegate Report	A Thank You from our 2024 Committee Chair

Are there any Nar-Anon related announcements?

- The Rocky Mountain Region is looking for a secretary. [Click here for more info](#) or email chair@naranonrm.org. Submit your interest before the Winter Assembly, Feb 15th 9 AM MT.
- All members are invited and welcome to attend the [RMR Winter Assembly](#) Feb 15th 9 AM MT in the Clubhouse.
- Carry the Message Feb 22, 2025 10:30 AM in the Virtual Meeting Room.

Nar-Anon Family,

As my term ends, I just want to take a moment to THANK YOU for your support of our newsletter!

The original idea of 'a monthly email of events' grew into a fun and inspirational recovery tool.

Each issue demonstrates how our unity is more powerful than our individual abilities, and how beautifully our voices and ideas come together. (Thanks, HPI!)

This is our 8th issue and we have over 200 subscribers... Sounds like a lot of SELF-COMPASSION to me!

I am grateful that you've helped me grow. Please keep the submissions coming! See you in the Rooms.

With sincere appreciation,

Alicia, 2024 RMR Newsletter Chair

Heard in an RMR Meeting Room

You know these little quotes and phrases that you write down in your journal? That's how we got started with the monthly "Heard in an RMR Meeting Room" corner.

I began texting them to Meg, and Meg was writing more down, and then Megan was catching some, and Stephanie K...

It takes a whole community, you all. Hear a speaker (or person doing topic lead) say a phrase or sentence you never want to forget? Send it to newsletter@naranonrm.org with the Heard in the Rooms tagline!

Julie W., on behalf of our RMR Newsletter team: Alicia, Megan J, Meg, Stephanie K, and Tiffany



RMR Convention Corner

This year's theme is

"Unmasking Recovery, Slowly New Persons Emerge."

We would love to have you submit your artwork. Are you a doodler? A graphic design aficionado? Just love the convention? We want to hear from you. Submit a design for this year's convention and you might win a free registration and some merch with YOUR logo on it. It's going to be a ball (that is a hint about the theme).

Email your entry to convention@naranonrm.org by February 21st.

In Loving Service,

Rhi & Marilyn
Chair & Co-Chair of the
2025 RMR Nar-Anon
Convention

Save the Date

2025 RMR
CONVENTION
NOVEMBER 14-16
DENVER COLORADO



LOGO CONTEST
2025 9th ANNUAL RMR
CONVENTION
Theme: Unmasking Recovery,
Slowly New Persons Emerge



WINNER RECEIVES FREE
CONVENTION REGISTRATION FEE
& MERCHANDISE

Please submit entries to
convention@naranonrm.org by
February 21st

PLEASE SUBMIT IN PNG, JPEG, OR VECTOR FORMAT

From Our Delegate

Kari J

What I always wanted to know about Conference!

What is the World Service Conference (WSC)?

It is a biennial business meeting where Regional Delegates from around the world come together to vote on motions that affect the Nar-Anon Family Groups as a whole. This year the WSC will be held on April 25-28, 2025. Motions were received from regions worldwide to continue our primary purpose as we grow and develop in our fellowship. The motions are presented in what is referred to as the CAR.

What is the Conference Agenda Report (CAR)?

The Conference Agenda Report (CAR) is the means by which the WSC will communicate the issues that will be addressed at the conference. All groups and their members will have an opportunity to review it and have their voice heard at the group level. The group's GSR shares the CAR with the members and obtains the conscience of the group: In favor, not in favor, abstain. The tool used to document the group conscience is the Tally Sheet. The Tally Sheet is returned to the Delegate, who votes the collected conscience of the groups in the region at the Conference. Please click [here](#) to download the CAR.

How does this affect me?

We will be discussing the motions, both in our groups and at the monthly RSC meeting and at the Assembly. ALL INTERESTED MEMBERS ARE WELCOME TO COME TO THE RSC MEETING AND/OR THE ASSEMBLY TO PARTICIPATE IN DISCUSSIONS! Your voice matters, and I hope you will engage thoughtfully in this process. There are online videos that explain more about the motions that might be helpful in understanding what the motions mean and what the intent of the motion is. Click [here](#) to access the playlist. It may help if you listen to the relevant videos before discussing the motions. Below is the schedule we will use to discuss the motions:

- **January (In groups):**
 - Motions affecting literature: 5, 6, 13, 14
 - Motions about Narateen: 3, 4, 30
- **February (RSC Feb 3, 2025):**
 - Motions to change the WSC: 8, 9, 10, 14 16
 - Motion 28
- **February (in groups):**
 - Motions that affect the World Service Board (15, 19)
- **February (Assembly Feb 15, 2025):**
 - Motions with feedback from the WSB: 7, 11, 12, 31
 - Motions creating small changes in GLS: 26, 27, 29, 32, 33, 34, 35
- **February/March (in groups):**
 - Motions affecting committees/service structure: 20, 21, 22, 23, 24

I hope to see you at our discussions! If you have questions, or would like to have a workshop on the motions, contact delegate@naranonrm.org.

My Journey toward Self-Compassion

My Journey toward Self-Compassion Prior to coming to Nar-Anon I did not offer myself self-compassion- I offered compassion to everyone else, but not myself. I'm not even sure I knew what self-compassion was or even looked like. I was very hard on myself and thought I was being punished in life for having an addicted loved one or for mistakes that I had made in my life. Through Nar-Anon and working the steps with a sponsor, I now am able to offer myself self-compassion-most of the time. I am a work in progress. I believe self-compassion is invaluable for our growth, self-discovery, acceptance, healing and recovery.

After being raised by parents who had alcoholic fathers, I was set on a path of codependency at a very young age and self-compassion was a foreign concept in my family. I was the oldest of four children with a mother who started having children when she was 19 years old. I was raised to always look out for others, work hard, and somehow I got a message that I needed to be responsible for everyone and everything. I also felt the need to please others and seek their approval and I interpreted that to mean I needed to be perfect. Perfection was especially a recipe for disaster and that left no room at all for self-compassion.

When I started looking in the index of the SESH Book for "self-compassion" readings there were none, so I looked for the basic concepts of self-compassion, of which there are 3 parts: being kind to oneself, common humanity and mindfulness. I will say that in the Nar-Anon 36 Step Book -

Step 8 it does hint at Self-Compassion, and being kind to oneself and common humanity when we become willing to make amends. "Of all the people we harmed, more than likely we harmed ourselves most. The first name on this list might be ours." "We can make amends to ourselves for not knowing how to cope with situations and feelings. This is not to say we write off our mistakes, but acknowledge that we are not perfect." (Page 62)

In Nar-Anon we give people a safe place to belong with others who are suffering the pain of having an addicted friend or loved one to share what they are going through. We have a common experience that we can all relate to and we realize that we are not alone in this journey- common humanity. What a relief for me when I found this program. I no longer felt isolated and alone in dealing with my addicted loved one. I found my recovery family.

I was the queen of beating myself up with all of the "should haves, could haves, would haves" that I could think of which just left me reeling in guilt, shame, judgement and self-pity. Nar-Anon offered me connectedness with others going through similar experiences. A lot of us have heard the opposite of connectedness is addiction. Connection is what everyone needs to feel loved, supported and understood. Nar-Anon gave me an opportunity to turn the focus inward and to be mindful of what I was thinking and feeling.

Through working the 12 Steps, the process gave me an opportunity to forgive myself, feel my feelings, and know that this is all just a part of life.

My Journey (cont'd)

I learned the concept of uncertainty-meaning no one knows what will happen and I gained skills that taught me that I can deal with whatever comes my way. I learned new coping skills, as well as, how to own the mistakes I made and make amends for those mistakes - it offered me a new perspective and a new way of living. And the most wonderful thing was that I was not alone and I was not broken. I was just human. I would like to say that again....I was just human and that was okay.

Today after many, many years of hard work and Nar-Anon meetings I realize that the message I received of being responsible for everyone and everything and the illusion of perfection was all part of this horrible disease of addiction for my addicted loved one and for myself. I am so grateful for the love and support I receive in these rooms that offer me a new life, a rebirth to go out into the world with a new understanding of life that my parents weren't able to give me growing up. However, I know that it is now my responsibility to change my life and my life only and, if that alters the course of my adult children and my grandchildren, then that is serendipitous. I know that I am forever changed for the better because of all of you.

And, I realize how wonderful the gift of self-compassion is for myself because it makes it easier for me to offer others compassion. We are all on this Earth doing the best we can and that is our common humanity. In the Nar-Anon 36 Step book-Step 9- "Step Nine begins with acceptance of ourselves. As we learn to forgive ourselves we are better able to make amends to ourselves and others." page 67

I'll close with my favorite quote in Nar-Anon which is "With the help of my Higher Power, I can change myself - others I can only love." (Nar-Anon SESH book, page 185)

Written by Lorrie

"Connection is what everyone needs to feel loved, supported and understood. Nar-Anon gave me an opportunity to turn the focus inward and to be mindful of what I was thinking and feeling."





A Member Shares

Q: In the rooms we are often so compassionate towards one another, reminding each other that we didn't know any better yet. But what about self-compassion? How do you show yourself the compassion you need on your healing journey?

I used to push forward no matter what, burning the candle at both ends and becoming totally exhausted. This only led to getting sick or grumpy - and neither of those worked for me. But stopping to rest made me feel guilty because I thought everyone needed me and the world would stop spinning without my direction. Nar-Anon taught me to pause, practice self-care, and trust HP's timing.

I finally recognized that if I were the only one keeping something afloat, then it might be time to let it go. And I realized that I had good days and bad, especially since I was dealing with active addiction and grieving for the life I had dreamed. So I learned to accentuate the good days by getting a little more done and having some fun, and to curl up and rest and just breathe GUILT FREE on the bad days. I gave myself this gift out of grace and total self-compassion, and I still do. The bad days are few and far between now, and when one hits, I kick it into neutral and coast in kindness to myself.

Right now, thanks to Nar-Anon, as I work step 10, my mind opens to making amends and seeing self forgiveness. My gratitude to you God, my Higher Power I keep coming back!

I'm pretty new to Nar-Anon so more often, I am on the receiving end of this advice — even just yesterday my sponsor reminded me of needing to give myself some compassion.

So I guess I show myself compassion by making program calls and having others reflect back to me how hard I am being on myself, and then I can start to see what else is possible. Having a Nara buddy remind me that I am worthy of compassion is helping me to learn to have it.

And then usually once I find a place of self compassion how I act on that is by resting and allowing myself to just feel whatever feelings are coming up. Usually the remedy is to do less.





A Member Shares (Continued)

Self-compassion is, for me, equal parts inner love and how I love. Inner healing and outer change.

Tenderly, I am compassionate with myself. I am accepting of what life gives me, I focus on nourishing my spirit and body. I slow down.

I am also compassionate with myself when I interact with others. I set boundaries to keep myself safe, calm and supported. I also pause before saying yes or no.

Learning to treat myself as well as I treat others is a process but I love myself enough to.

It can be as simple as a cup of coffee or hot chocolate with whipped cream to reading literature for a healthy perspective adjustment. A simple quiet weekend doing as little as possible, a walk, prayer, meditation, meetings, Nar-Anon texts, an added note to my God box, letting go of the fear, or my new weekly practice of writing my gratitude for something that week and placing it into a slogan jar for next year's miracles.

Simply remembering I am doing the best I can in the moment with what I have and asking for guidance improves being a more compassionate, loving version of myself as I am healing.

Suggested Readings:
SESH, January 5, "Enabling"
SESH, February 28, "We are no longer alone"

Next month's question:

Meetings are important! Step work is important! Service is important!
But it is the culmination of the pillars of the program: working the program, fellowship and service that take us to the next level!

When was a time when you felt stuck in your recovery only to break through once you integrated the pillars of the program into your life?

Do you have experience, strength and hope to share with this member or would you like to ask a question?

[Please submit your response here!](#)

Upcoming RMR Event



Carry the Message

HOSTED BY ROCKY MOUNTAIN REGION

NAR-ANON FAMILY GROUP

Saturday, February 22, 2025

9:30am Pacific

10:30am Mountain

11:30am Central

12:30pm Eastern

NAR-ANON & NARCOTICS ANONYMOUS

SPEAKERS

SANDRA F. - TX & EVAN B. - CA

COMING TOGETHER TO SHARE THEIR
EXPERIENCE STRENGTH AND HOPE



2-22-2025 (Saturday)

Carry the Message - with NA

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess. We grow by letting go of self for the greater whole!

Thank you!!

Recovery Speaker Recordings

www.naranonrm.org/recovery-recordings

You can also email for even more recordings:

ISWU Saturday Speakers:

iswutechcoordinator@gmail.com

Other RMR Recordings:

vicechair@naranonrm.org

Carry the Message recordings:

carrythemessagenfg@gmail.com

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

“Don’t leave before the miracle happens.” That’s what I heard as a newcomer. And boy, did I need a miracle. I had been begging, pleading and bargaining with the God of my understanding. Yet, here I was full of fear, guilt, obsession, anxiety and denial because my son was out of control in addiction. All my hopes and dreams for my life were dying. I was trying to save my son and his addiction was killing me, too. I realized I needed help and sought it. I found Nar Anon.

I heard and saw members sharing about living in active addiction and they were still alive. They were smiling! I listened to recovering addicts share their stories when I attended Carry the Message meetings. I had a glimmer of hope. I began working the 12 steps with a sponsor. In Step 1, I had to take an honest assessment of my life. Everything I was doing to fix and save my addict did not help. I didn’t have the power to influence or control the behavior of the addict. And when I try to manage the addict’s life, I neglected my own. And that’s when my life becomes unmanageable. I became a hopeless case.

Step 2 says I came to believe. But, I’ve always believed in a Higher Power. The doubt for me came in believing God would help “me”. I believed that God could help me, but would He? There was lack of trust. I was trying to do everything in my own self-determination and relying on my self sufficiency. I was making a mess. I had my judgements on how God should show up in my life and my addict’s life. I was trying to direct God and missing out on what God was actually doing. That is closed-minded thinking which kept the door of hope shut. Hope is the spiritual principle of Step 2. I needed to practice some open-mindedness. I’ve heard it said that “Hope is an open door.” Nar-Anon was an open door to change and possibilities. I began to have hope that my life could get better.

My sponsor had me write 100 sentences on “Came to believe that a Power greater than myself could...” and I would fill in the blank. This helped me realize that, although I said I believed in a Power Greater than myself, my fears and lack of trust were not reflecting this. I didn’t have the power to change my addict and this frustrated me. And the more I lacked power, the harder I tried to get it. I had no peace or serenity.

I had no sanity. When I turned to my Higher Power for help, I asked for a to-do list. And when that list was not answered, I mistook that for God’s lack of concern. If I’m honest, I see that I had been trying to play God in my life and the life of my addict. And I failed at it. This humbled me. I have a choice to believe that God is everything or He is nothing. My sponsor had me practice gratitude. This helped me see all the good things God has done, without my help. Including those unexpected blessings in my life. She suggested I seek God throughout my day. I started to look for God in everything. The sunshine, the child’s laughter and listening to others share their miracles in meetings. I began to see God and feel His presence when I looked for Him. And I began to understand, “You’re not alone.”

I’m now grateful that I’m powerless over the addict. It is a mistaken sense of responsibility and it’s too much for me. I’m not God! I’ve learned that willpower is not the key to the way of life I’m seeking, surrender is. God’s power is made perfect in my weakness. I have a Power Greater than myself who can do more for me than I could ever do for myself. God is restoring my sanity and my whole life. No matter what my circumstances are, I have a Power Greater than myself who will help me through it. My hope is in my Higher Power, not other people’s choices or behaviors. Today, I choose to be God reliant, not addict reliant.

I’ve been keeping a journal of all the big and little miracles God has been doing in my life since recovery. I do this to remind me of all God has done. I believe I matter to God. I’m loved and cared for. I now see that when I was ready to receive help, God gave it to me. Nar Anon is a miracle in my life, I just didn’t realize it right away. I’ve learned that a lot of situations in my life work out this way. I’m going to keep coming back because I don’t want to miss any of the miracles.

HIGHER POWER - Help me to remember.

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

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.

The notion behind Tradition Two was absolutely mind blowing for me when I first came to Nar-Anon. I had not been in a space where there was not a person who had been designated as the leader before. I didn't realize that this was the case when I first got here. I thought that whoever was doing the format reading/"chairing" the meeting is who was in charge of the group. It took me a while to learn that this was simply a service position that anyone with a meeting or two under their belt is welcome to (and encouraged!) to perform for the group.

Tradition Two speaks to the decision making process of our Family Groups. There is not one person who is "in charge" that gets to lay down the law and make changes in our groups or our Fellowship. We come together to make decisions through our collective loving Higher Powers. When we bring Concept 7 into the conversation, we recognize that not only do we only have a loving God as our one authority, but also that all members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes. ([Check out the July 2024 issue of Rocky Mountain Recovery for more about Concept 7](#)).

Every Nar-Anon meeting (and business meeting/group conscience) I have ever attended was opened with the Serenity Prayer. An important tool for me, when attending meetings, is to remember that we invited our Higher Powers in to the meeting and that no members are to be here to govern how other people share or whether or not they share. A loving Higher Power is perfectly orchestrating all of our recoveries.

Practicing Tradition 2 in my family has been a game changer. I am not not a governor. Before I go into any conversation with my family, I am inviting in a loving Higher Power. I am trusting that the same thing is happening for them, whether they are actively inviting it in or not. I am looking for their loving Higher Power in all their actions.

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

Tradition Five states, "Each Nar-Anon Family Group has but one purpose; to help families of addicts." Simply put, our Fellowship begins and ends with the family groups.

The final responsibility in Concept Two is referring to a few things:

First, the family groups must regularly communicate the needs and ideas of the groups to our Areas, Regions and the World Service Office. By regularly communicating the conscience of the groups, the service structure will know what services are needed.

Second, the family groups must observe and promote the spiritual principle of service. Trusted servants at all levels of our fellowship begin serving at the group level, so cultivating a pipeline of trusted servants who can eventually serve at all levels of our fellowship is essential. Some groups may have the same group officers for a long period of time, but entrenchment is not healthy for the officers, the group or the fellowship. Rotation of service is essential to allow each member the opportunity to grow through service.

Third, the family groups must provide financial support through regular Seventh Tradition financial contributions. If the groups do not provide support to the service structure, then who will?

The final authority in Concept Two may easily be misinterpreted to mean that nothing can be accomplished in the service structure without the approval of the family groups. If this were true, our service committees would struggle to accomplish anything. "Authority" in Concept Two means that our family groups should be informed of progress and regularly consulted for input by our service structure.

If our family groups believe that something isn't working correctly they have the Responsibility and Authority to take constructive action to correct the issue.

Do you have experience, strength and hope to share on Step 3, Tradition 3 or Concept 3?

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

TRADITIONS AND CONCEPTS STUDY

Join us after It Starts With Us to explore how we live and work the traditions and concepts of Nar-Anon in our lives, recovery, and service.

Starting
again on
Tradition 1
Feb 12th

**ALL ARE
WELCOME**

TOPICS COVERED

- Nar-Anon 12 Traditions
 - Nar-Anon 12 Concepts
 - Spiritual principles
 - Applying what we learn to our lives
 - Fellowship and Service in recovery
-

RMR Virtual
Meeting Room



Click here to enter

**EVERY
WED
8 PM
MT**

**IN THE
BREAKOUT
ROOM**

**ASK THE
HOST TO
LET YOU
IN**

*The 5th annual **New Year, New You** was quite a success!*

We had

24 different groups participated; 5 were Rocky Mountain Region groups,
5 were Global Online Region groups,
14 were groups from around the world.

We are grateful for the contribution of 8 IT hosts and 8 IT co-hosts. Without them the event would not have been as successful.

There were up to 165 participants at one of the meeting!
The event brought 975 visits to our website!

Participants came from the 16 countries of Spain, the UK, Russia, Canada, Australia, New Zealand, Iran, Japan, Italy, South Africa, Oman, Ecuador, Mexico (Tijuana and Guadalupe), India, Argentina, and Turkey.

From the United States, we had participants from the 28 states of Colorado, California, Texas, New York, Arizona, Maryland, Pennsylvania, Michigan, Kansas, Virginia, Louisiana, Florida, Tennessee, Connecticut, Ohio, Washington, Montana, Arkansas, Delaware, North Carolina, New Jersey, Georgia, South Carolina, New Mexico, Massachusetts, Missouri, Indiana and Minnesota.

In addition to member volunteers and attendees, we had financial seventh tradition contributions to the Rocky Mountain Region of a total of \$320, some contributions to It Starts With Us (ISWU) and we are hopeful that the World Service Office (WSO) received some as well.

We were grateful this year to also have a Narateen group, H.O.P.E., lead a meeting during the event.

As one member, Christy, shared, "My favorite thing about NYNY was the exposure to so many different groups and different people. Hearing perspectives from the other side of the globe opened my eyes to how many similarities all people share when dealing with addiction. While we may be from different cultures, backgrounds and countries, we are all here to find a better way to live. I'm so glad that Nar-Anon reaches so many people in need of help dealing with the awful disease."

This has become an annual event. If you are drawn to serve, please reach out, join the committee. Planning for 2025/26 starts in the spring. newyearnewyou@naranonrm.org.





To our members...

*Self-Compassion -
Let it begin with me!*

[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.

**** Next Issue Submission Deadline is the 15th of each month ****

Upcoming Themes:

“Pillars of the Program- Recovery, Fellowship and Service”

“Along the Yellow Brick Road”

NEED HELP?

CALL THE
HOPELINE

888-307-9890

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





Rocky Mountain Recovery

March 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

Recovery, Fellowship & Service



Recovery brings us out of the darkness and into the light.

Fellowship warms our hearts and shows us we are not alone.

Service lets us see our light reach far and wide.

Together we shine.

*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	New Trusted Servants	Traditions & Concepts Study

Are there any Nar-Anon related announcements?

- Cruise informational March 16, 2025 4 PM MT in the virtual meeting room
- Carry the Message March 29, 2025 10:30 AM MT in the Virtual Meeting Room
- For the Love of Sponsorship House Party and follow-up informational sessions. All in the Virtual Meeting Room
 - Saturday April 17, 2025 9-11 AM MT
 - Thursday April 17, 2025 12 - 1 PM MT
 - Monday April 21st 5:30 - 6:30 PM MT

Congratulations to the newly elected Regional Trusted Servants!

RSC secretary (starting in May) - Stephany J.

Narateen Chair - Colleen B.

Narateen Process Person (NTPP) - Stephanie K.

Outreach Chair - Niko K.

Technology Chair - Meg H.

Property Coordinator - Marian M.

Hope Line Chair - Maria C.

Digital Search-Engine Optimization (SEO) - Debbie F.

Literature Committee Chair (May) - Michelle A-C

Newsletter Chair - Megan J.

Heard in an RMR Meeting Room

God uses the 12 steps to distract us so he can work on us.

If you take the F out of the What If's— You get what it is.

Never underestimate the growth opportunity of a crisis.

Self-care is not a vanity, it is sanity.

When I am in hiding, I am sliding.

Mistakes are the Natural Bridge between inexperience and wisdom.

RMR NFG Financial Guidelines Update:

As of March 1, 2025, the RMR will maintain a book balance no greater than \$3,000.00 in the General Fund.

A monthly contribution of \$500.00 will be made to the World Service Office (WSO).

At the quarterly breaks of July, October, January, and March anything over the book balance of \$3,000.00 will be sent to the WSO.



A Member Shares

Q: When was a time when you felt stuck in your recovery only to break through once you integrated the pillars of the program (service, fellowship and recovery) into your life?

I find that I need to keep all 3 pillars of the program alive and active in my life to ensure my ongoing emotional sobriety. I meet with my sponsor weekly, I reach out to and have fellowship with narabuddies almost daily and I do service at the Group, Region and World levels. I also go to an in person meeting weekly and attend virtual meetings several times per week. I have learned that I can't let my recovery be dependent on another persons sobriety or use. I strive daily to "mind my own business and have my own business to mind". Life isn't waiting for the addict to stop using, life is happening now.

One time, I was so deeply distraught because of my addicted loved one that a walk on the beach wasn't even able to pull me up. I prayed as I walked and then a got a text from a Narbuddy asking for my help with an issue related to my service commitment. We talked on the phone as I walked along the shore and, when we hung up, I realized that my distress had lifted!! I immediately laughed, thanked HP, and text messaged her to let her know she was the answer to my prayer that day.

Suggested Readings

SESH, July 28: "Focus on Myself"

Nar-Anon Literature, Pamphlet: "The Nar-anon Twelve Tools of Recovery"

I'm on Step 9. Sometimes I still get stuck for a moment: I follow a diversion; find myself focusing on what someone else is doing; lose track of my needs; follow a critical voice in my head. These are powerful times for me to remember the Three Pillars of Recovery.

Step work: Higher Power, what is your will for me? (Step 11). This question alone can dial me back in. But most often I find myself sinking into Step 7: God, remove from me jealousy, distractions, comparing, being critical. Step 4: show me everything that is blocking me, and bring me back into your grace.

Service: the two most powerful things to bring me out of my self absorption are committee work and sponsorship.

Which brings me to the Third Pillar: Fellowship. When I reach out to a friend, I'm in fellowship. When I am sponsoring, I am in fellowship: something greater than me is guiding us as we look at the things that trip us up. Likewise, when I am in a committee, working with a team drafting literature for the Literature Development Committee, I am in fellowship. I am not alone, and I am automatically reset and restored to the work of a Power greater than myself.

The Three Pillars are a template for realigning ourselves and reconnecting!



A Member Shares (Continued)

When I first came to Nar-Anon I thought the program was just meetings. I jumped in with both feet and did 90 in 90. Planting a seed of hope.

As I attended more I began to find that the people in the squares were becoming my friends, my family, my community. I was growing out of the darkness.

I heard that I should get a sponsor and work the Steps, so I did. I felt like my recovery was blossoming.

My sponsor encouraged me to do service and that is where I began to strengthen my recovery and really bloom.

**Heard in a meeting:
“There are 3 pillars
to recovery:
Fellowship,
Personal Recovery
and Service. I must
build all 3 equally.”**

Next month's Topic: Sponsorship



We want to hear from you.

Q: How has sponsorship enhanced your recovery?

Your
story
inspires

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess. We grow by letting go of self for the greater whole!

Thank you!!



Recording
Spotlight:

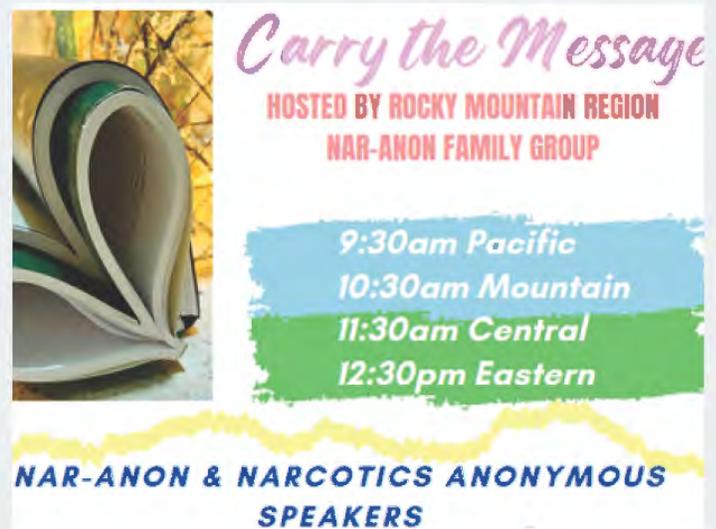


The elevator is
broken ... so take
the steps 05.17.2024

Upcoming RMR Events



3-16-2025 (Sunday)
Planning Recovery Cruise #2

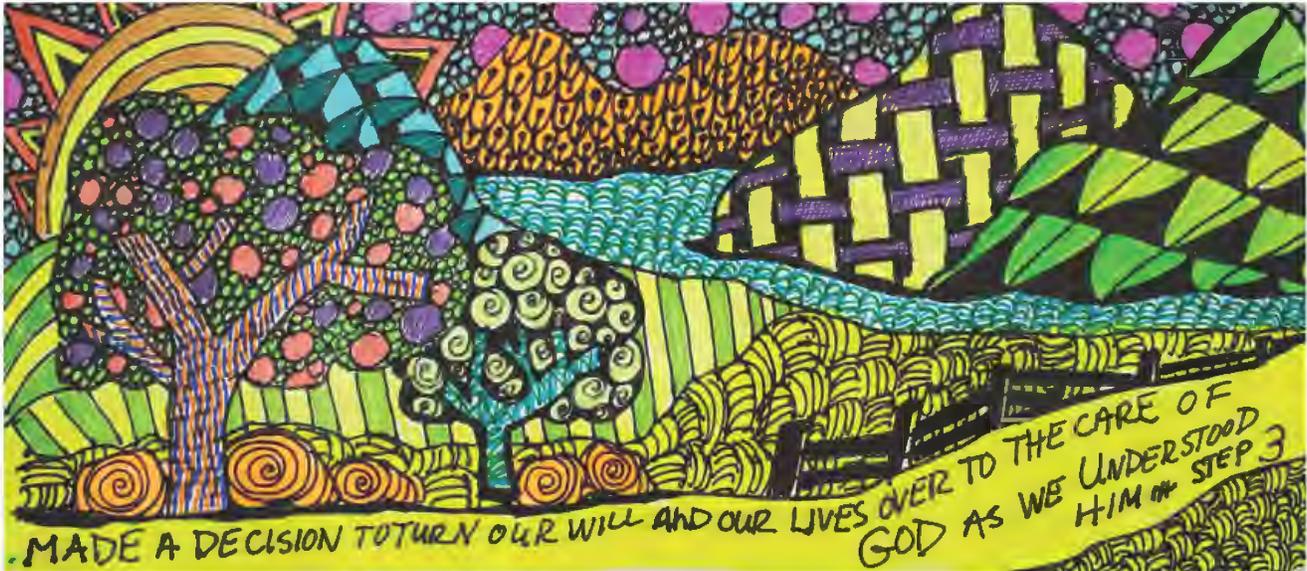


3-29-2025 (Saturday)
Carry the Message - with NA



April 12, 17, & 21 2025
For the Love of Sponsorship

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.



Decision making was never my strong suit. I was so completely wrapped up in what I believed was sure to happen (or not happen) as a result of the decision I made that I would often avoid taking any action because of it. Someone once pointed out to me that “indecision is a decision” and that really stuck with me. By the time I came to Nar-Anon, I was tired of making decisions out of fear of what might or might not come true.

After admitting that I was completely and utterly powerless over the addict—that my life had become unmanageable and working with my sponsor to develop an idea of a power greater than myself that I was willing to believe could restore me to sanity, it was time for me to decide whether or not I was going to take Step 3.

After attending many, many meetings and connecting through phone calls, text messages, in person visits and service work with other Nar-Anon members, it became clear to me that the opportunity for my life to improve by turning my will and my life over to the care of a force in the universe that wants good for me was there.

The idea that there is a force in the world that wants good for me was not something I had seriously considered before. The idea that I might not know best how to do something and that there is something greater at work that I might not be able to understand was new to me, but I had tried everything else I could think of to change my life and nothing was working.

I was now ready to take Step 3:

Higher Power, guide me on my journey to peace and serenity. Help me to let go of self will and turn my life over to your care.

Do you have experience, strength and hope to share on Step 4, Tradition 4 or Concept 4?

Please send it to us at

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

Tradition 3: The relatives of addicts, when gathered for mutual aid, may call themselves a Nar-Anon Family Group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of addiction in a relative or friend.

As members of Nar-Anon, we have only one requirement—that someone we care for has struggled with addiction. We come together as a group of people who have been affected by addiction. There are no other requirements. There is no requirement that people work the steps, there is no requirement that people believe in God or a Higher Power, there is no requirement that people help support the meeting costs. There is only one requirement—that there be a problem of addiction in a relative or friend.

When people affected by addiction come together for support, for growth, and for what we call our common welfare (Tradition One: “Our common welfare should come first...”), we can call ourselves a Nar-Anon Family Group. What is our purpose? It’s mutual aid. Tradition Five tells us we have but one purpose: Nar-Anon is here to help families of addicts.

Our traditions keep things very simple. By keeping things simple, we streamline our unity. By keeping things simple, we eliminate rules and hierarchy. By keeping things simple, we include everyone who has been affected by addiction.

Tradition Three ties in with Tradition Ten: “The Nar-Anon Family Groups have no opinion on outside issues, hence our name ought never to be drawn into public controversy...”) We, as a Nar-Anon Family Group, have no opinion on politics, religion, careers or achievements. We may have opinions about these as individuals, but we do not bring them into the groups or meeting rooms. There should be nothing whatsoever that can separate us. We have no opinion on issues other than our common welfare, and we have no affiliation, only our singular common denominator: that everyone in our groups has had an addicted loved one.

To not affiliate means we do not endorse needle exchange, we do not endorse Narcan, we do not endorse any particular treatment center’s modality over any other’s. We do not endorse methadone clinics, and we do not not endorse them. The point is that we do not align ourselves with outside causes. Different styles, fads, approaches and views of treatment will change as the years and decades roll on. Our traditions are here to protect us for the long haul. We have but one thing in common: we are here to help each other recover from the effects of living with addiction. We do this by remaining autonomous (Tradition Four: Each group should be autonomous, except in matters affecting other Nar-Anon family groups or NA as a whole).

We are our own entities; we do not affiliate. We make decisions based on the well-being, longevity, and accessibility of the group (and Nar-Anon as a whole), so that anyone who might be struggling with the effects of addiction might find us. We protect Nar-Anon and NA, so that we will be here for the next, (and the next, and the next) generation of addicts and their loved ones.

Practicing Tradition 3

How am I participating in creating and maintaining safe and welcoming environments for fellow members?

Concept 3: The Nar-Anon Family Groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.

Who are the Nar-Anon Family Groups? Groups, formed by people, all of whom have been affected by the addiction of someone very near to them. Your meeting and home group are a Family Group (an NFG). “You are a member when you say you are.”

What does delegate mean? To delegate means to entrust someone to represent us. Concept Three states that we entrust to the service structure the authority to act on our behalf.

Our service structure: Our service structure is made up of members, who form together to call themselves a group (an NFG). Each group has a group conscience (Tradition Two) where each member’s voice may be heard.

Each group elects a representative (in Nar-Anon, we call this a Group Service Representative, or GSR) to represent them to the region. The region, in turn, organizes committees to serve members in the group: Outreach, Newsletter, Convention, etc.

Each region (by vote of the GSRs), elects “a regional delegate,” to attend our World Service Conference (WSC). Members and groups worldwide create motions to change elements of how Nar-Anon provides service to its members. The motions are organized in the Conference Agenda Report (CAR). The delegate, with the help of the GSRs, is responsible for obtaining the conscience of the groups on the CAR motions—whether to approve, oppose, amend or abstain. Our delegate votes at the WSC and is responsible for the “regular two way communication” (Concept Eight) between the World and the region. (For example, there are times—like now—when member input is needed for “common welfare topics” to be discussed at the next WSC.)

The delegate, after attending the World Service Conference (WSC), brings back to the region a summary of the decisions made at the World level. The GSRs (Group Service Representatives, who attend the regional meetings) then take the delegate’s information back to their respective group members. It is important to understand that the flow of information runs both ways— from the members, to the group, to the region, and then to the World; and then back from World, to its regions and groups.

In Nar-Anon, the highest rank anyone can have—is member. Everyone who serves at a larger level of group, regional or world service (GSRs, delegates, regional chairs and vice chairs, etc.) is a trusted servant (Tradition Two: “Our leaders are but trusted servants...”) elected from the group by its members.

HIGHER POWER - Help me to remember.

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

Do you have experience, strength and hope to share on Step 4, Tradition 4 or Concept 4?

Please send it to us at

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

TRADITIONS AND CONCEPTS STUDY

Join us after It Starts With Us to explore how we live and work the traditions and concepts of Nar-Anon in our lives, recovery, and service.

Join us as we explore the guidelines that keep our fellowship alive and free!

**ALL ARE
WELCOME**

TOPICS COVERED

- Nar-Anon 12 Traditions
 - Nar-Anon 12 Concepts
 - Spiritual principles
 - Applying what we learn to our lives
 - Fellowship and Service in recovery
-

RMR Virtual Meeting Room



Click here to enter

**EVERY
WED
8 PM
MT**

**IN THE
BREAKOUT
ROOM**

**ASK THE
HOST TO
LET YOU
IN**

Meeting Birthday Shout-Out

March 9, 2022 Moms Offering Moms Serenity
(MOMS), 3 Years Old

The first meeting of Moms Offering Moms Serenity (MOMS) was on March 9, 2022. Founded by Nar-Anon members who recognized the unique situation of mothers of addicted children. We have a growing membership of moms who have walked the path with children struggling with the family disease of addiction.

We share together the heartache, insanity and recovery with compassion, understanding and strength. In the intimate setting of the MOMS fellowship, we understand the difficulty of allowing our children to experience their own consequences and the importance of living our own lives.

In MOMS group, we share experience, strength and hope through unconditional acceptance. While most of our group members are mothers, we welcome all members in need of support. Moms Offering Moms Serenity meets on Wednesdays at 11 am MT in the Rocky Mountain Region Virtual meeting room.

Meeting Birthday Shout-Out

March 16, 2022 It Starts With Us (ISWU)
5 Years Old





Rocky Mountain Region

Nar Anon Family Groups
www.naranonrm.org

Save the Date because love hurts & recovery heals



Join to learn more about getting a sponsor & being a sponsor

FOR THE LOVE OF SPONSORSHIP

April 12th 9am-11am MT

April 17th 12pm-1pm MT

April 21st 5:30pm-6:30pm MT

More details to come

RMR Virtual
Meeting Room

[Click here to enter](#)



What do you get when you combine delicious food, fun, sand, surf, beautiful scenery, and old and new Narabuddies, and nightly meetings? Cruising to a Slow Recovery! There were thirty-two people who participated in our first recovery cruise.

On the cruise, there were a wide variety of activities each day, including magic shows and musicals, trivia contests, Bingo, raffles, dancing, and a wide variety of dining options. And that was just on the ship! We stopped at four ports: Puerta Plata D.R., St. Thomas U.S.V.I, Tortola B.V.I, and Great Stirrup Cay Bahamas.

For those who wanted sand, sun, and surf, there were opportunities in each port. Others, like me, were more into history, culture, and food. There were options for everyone – or you could choose to stay on the ship and relax to go to the spa.

On days at sea, we had daytime recovery meetings, in addition to the “late night” meetings. I find it helpful in my recovery to attend conventions and events like this to hear experience, strength, and hope from people other than those in my home group.

We took a vote on our cruise and the decision was unanimous to plan a second cruise. We will begin the planning on March 16 at 4 PM MT.

Join us, Ask Questions and Get more Info



A Member Shares:

Last month I had the opportunity to spend 7 wonderful days on the 1st Nar-Anon recovery cruise. I traveled by myself from California and was not sure what to expect. I quickly learned that although I was traveling solo, I was not alone. I brought along a journal and as I open it up, I find a quote that I had written several years ago

“Addiction is the progressive narrowing of the things that bring you pleasure. A life in recovery is the progressive expansion of the things that bring you pleasure.”

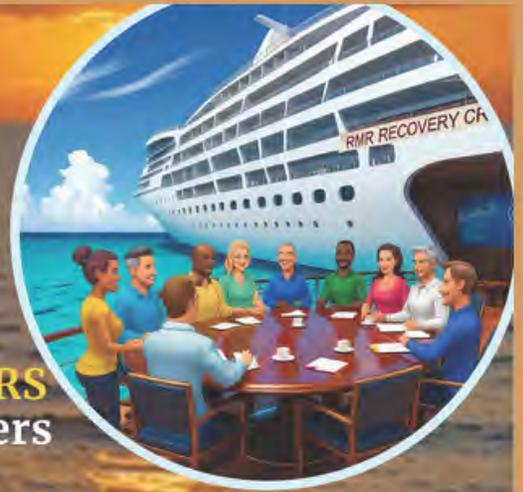
Like many other family members, I had spent years in the swirling chaos of active addiction. My days were narrowly focused on my ALO. Putting my life and all of my dreams on hold as his every whim seemed to draw me into his darkness. For the past several years I have begun to turn my focus on myself, my program and all that life has to offer me.

When I first heard about the cruise over a year ago I immediately dismissed the thought of being able to go. I put up several self-proclaimed barriers. Slowly, I began to see that, like going to Conventions and traveling to meet Narabuddies in person, this was something that I needed to do and boy am I grateful that I listened to that still small voice who encouraged me to step out of my comfort zone.

The cruise was amazing! Fellowship, adventures, relaxing, sun and recovery all while being disconnected for a brief recharge. I made the friends and saw sights and gone places I would not have normally traveled alone. I am now back to work and life but I am ready for the next cruise and I hope many more join us.



**WE'RE BACKKKKKK!
&
PLANNING
RECOVERY CRUISE #2**



YOU HAVE QUESTIONS? WE HAVE ANSWERS
Come hear from several of our recent Cruisers

INTERESTED?
Save the Info Session
Date | Time | Link

MAR 16, 4PM (MT) / 6 PM (ET)

Where:

www.naranonrmr.org (Click RMR Virtual Meeting Room icon)



Contact

Email: cruise@naranonrmr.org



Tradition 6: Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous



To our members...

May our journey always be well lit.

[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.

**** Next Issue Submission Deadline is the 15th of each month ****

Upcoming Themes:

“Sponsorship”

“Along the Yellow Brick Road”

NEED HELP?

CALL THE
HOPELINE

888-307-9890

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



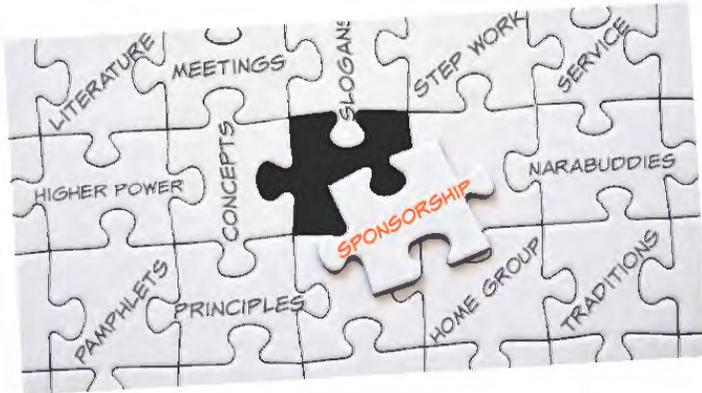


Rocky Mountain Recovery

April 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Sponsorship

The theme of our newsletter this month is "Sponsorship."

The power of the sponsor-sponsee relationship can not possibly be conveyed in a single issue of a newsletter. Sponsorship and working the 12 steps is a critical part of the recovery process.

The Rocky Mountain Region is hosting a House Party with a topic of sponsorship. We encourage you to attend one, some or all of the events. We encourage you to ask other members about their experience with sponsorship. We encourage you to GET A SPONSOR - BE A SPONSOR.

FOR THE LOVE OF SPONSORSHIP
House Party 2025
 GET A SPONSOR - BE A SPONSOR

Join us for three unique events

- April 12th**
2 Hours
9-11am MDT
- April 17th**
1 Hour
12-1pm MDT
- April 21st**
1 Hour
5:30-6:30pm MDT

Hear the experience, strength, and hope that sponsors and sponsees gain from sponsorship

Rocky Mountain Region
 Nar-Anon Family Groups
www.naranonrm.org



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	World Service Conference info	Traditions & Concepts Study

Are there any Nar-Anon related announcements?

For the Love of Sponsorship House Party and follow-up informational sessions. All in the Virtual Meeting Room

Saturday April 12, 2025 9-11 AM MT

Thursday April 17, 2025 12 - 1 PM MT

Monday April 21st 5:30 - 6:30 PM MT

World Service Conference April 25-28 7 AM MT - info below

Carry the Message April 26, 2025 10:30 AM MT in the Virtual Meeting Room

Hope Line Committee Meeting April 25, 2025 6 PM MT; seeking new members!

Heard in an RMR Meeting Room

“The front window is larger than the rear-view mirror for a reason.”

“Feel the feeling, choose the behavior.”

“I have moved from the old three A’s as an Angry, Arrogant, A\$\$hole to be able to use the new healthier three A’s of Awareness, Acceptance and Action.”

“When interacting with others I strive to Be Kind, Be Brief, and Be Gone.”

“I don’t count the days, I make the days count.”

“Sometimes facts and feelings get squishy.”

“Patience is in between my own self will and my HP’s answer to my prayers.”

“Anxiety gives power to the problem, not the solution.”

“Procrastination is the Thief of Time.”

“The three G’s: Grace, Gratitude and Grit.”

“Meditation is evolution’s strategy to bring out our full potential.”

“Patience is what I do while I am waiting.”

World Service Conference 2025 April 25 - 28, 2025

The WSC is a virtual event that occurs biennially, and is attended by delegates from regions around the world.

All Nar-Anon members may attend the WSC 2025 as "observers". You must pre-register and get a unique log in link.

For more information about the World Service Conferences and Interim World Service Conferences, see the [World Service Conference page](#).



A member shares

Q: How has sponsorship enhanced your recovery?

I am fortunate to have a sponsor who calls me on my BS. I admit that early in my recovery journey, my ego was easily bruised whenever my sponsor asked "the hard questions" during my step work. In fact, my ego was so fragile that I ended up "firing" my sponsor. After some prayerful reflection and a serious dive back into Step 3 [Made a decision to turn our will and our lives over to the care of God as we understood Him], I asked her to sponsor me again. Once I was willing to set aside my pride, it became clear to me that having a sponsor deeply increased my understanding of the steps and recovery tools that Nar-Anon has to offer as well as how to use them in my life in a practical way. Having a sponsor that I can trust with the proverbial "good, bad, and ugly" of my lived experience is a constant reminder that I am not alone. I always have someone willing to cheer me on on my recovery path – and to hold me accountable with love and without condemnation – when I need it.

Sponsorship has definitely helped me to grow in my recovery. My sponsor is a very busy woman with a full-time job and children, so the time that she devotes to me is very important. I make sure that I have done my "homework" and have put in the time I need to, so that when we work together for an hour a week we can get as much accomplished as possible. My respect for my sponsor enhances my recovery because I want to make her proud and I want her to be happy that she is sponsoring me. I want to show her that her faith in me was not mistaken and that I am taking my recovery very seriously. There are not a lot of sponsors out there, and our sponsors are spread very thin, so we must be grateful for the time and effort they put into our recovery, as well as their own.

"Attend meetings, get a sponsor, work the steps & be of service. Your life will get different."

All that was promised to me by a seasoned member when I got here was that if I did these things, my life would get different. I wasn't told that it would get better, but that it would be different. I was in such an incredible state of despair that I was willing to try anything. I didn't even need things to be better, I just needed them to be different. The suggestions above were a lot less crazy than the things I had been trying. I was willing.

The power of the sponsor-sponsee relationship can not possibly be conveyed in a single issue of a newsletter. I urge you to read what we have put together here and to connect with other members, asking about their experience with sponsorship. "Can you tell me about your relationship with sponsorship?" is a great place to start.

Getting a sponsor and working the steps has led me to a place of peace and serenity and a place where I can now sponsor others. I have a sense of peace and serenity I never knew was possible. My life has most certainly gotten different.

"Attend meetings, get a sponsor, work the steps & be of service. Your life will get different."

"WHAT IS A SPONSOR? A sponsor is a member of Nar-Anon with whom you can share intimate thoughts and feelings about how you have been affected by a loved one's drug addiction. A sponsor will guide you through the Twelve Steps and Twelve Traditions so that you can apply them to your daily life."



A Member Shares Continued....

I have had two sponsors. Both enhanced my recovery differently. My first sponsor helped keep me distracted and talked me down while I still lived with active addiction in my home. She helped me start my steps and encouraged me to get on my first committee for service work. When our schedules took divergent paths, I had to get another sponsor. This one helped me finish step 4 and go through other steps. She was kind and often gave me new perspectives on situations. Now I am a sponsor. My sponsees enhance my recovery more than I ever could have imagined. They all keep me grounded in working the steps and bring fresh insights. Being able to freely give back what was given to me helps me feel useful and needed. It brings the steps to life to help others apply them to their lives. Sponsorship is a gift, both ways.

Sponsorship has provided me with guidance in my recovery. It is helpful in so many ways. Having a dedicated time to meet and work the step helps me stay committed to my recovery. When I need to talk through an intimate situation that I don't feel comfortable sharing with a group, I turn to my sponsor. When I need more information on a specific topic, they help me by providing resources. My sponsor will offer suggestions on things I can do on my own time: writing in my journal, god box, or slogan a week. They have given me suggestions to help me work through specific steps. They are available when I need help with something unexpected, they offer me a different perspective and help me feel connected to the fellowship. I am so grateful for all they do to guide me in my recovery. Without having a sponsor, I am not sure I would have continued to work this program.

CAL Literature on Sponsorship

<https://nar-anon-webstore.myshopify.com/>

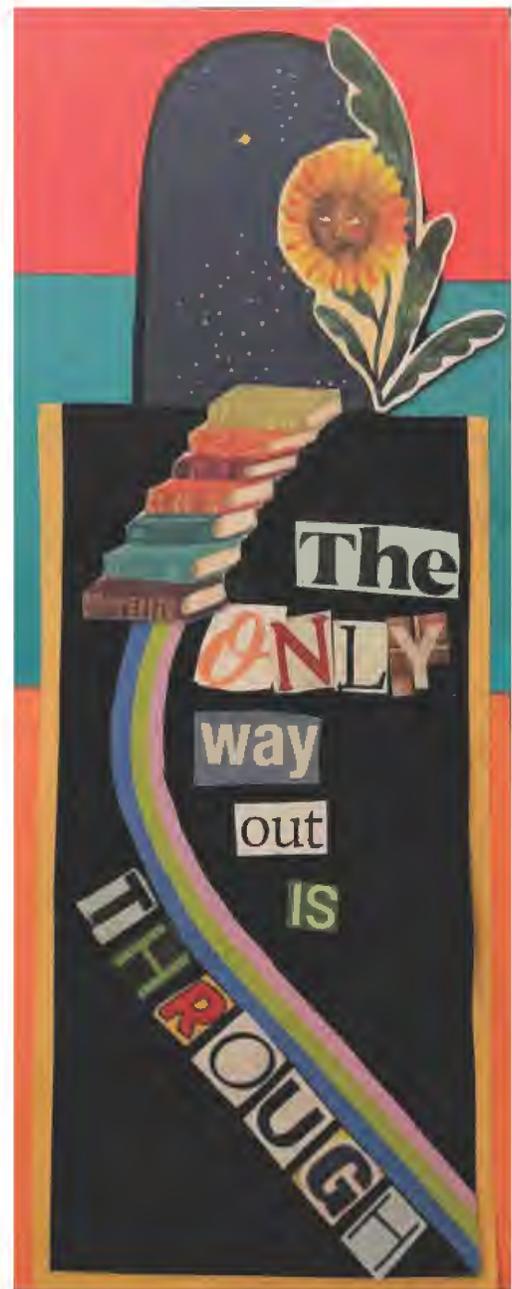
Booklets
Magic of Sponsorship
Questions on Sponsorship

Pamphlets
“Finding a Sponsor”
“Becoming A Sponsor”

Sponsorship has been one of the biggest parts of my recovery and growth in this Nar-Anon journey. Having been guided by my Higher Power to the perfect sponsor for me, working the steps and sharing with one person, I have grown not only in strength and spirituality in my program, but I've learned to have confidence and love myself. They say, "get a sponsor, be a sponsor." When my sponsor told me it was time I became a sponsor, I knew she lost her mind. I waited and prayed. When that first person asked me, I thought, ok, I can do this. I now have 5 sponsees. Each of them are very special to me and give me more than I could ever give to them. Sponsorship is an amazing tool that has been a major part of my recovery which I am forever grateful.

Heard in the Room....

"You need newcomers to tell you where you came from, old-timers to tell you where you could go, and a sponsor to tell you where you are."



Next month's Topic: Yellow Brick Road

We want to hear from you.

In the Yellow Brick Road reading, we're reminded that we each have our own path to walk.

How do you navigate staying on your own path while allowing your addicted loved one to walk theirs?





Hope Line

The primary objective of the RMR Hope Line is to offer hope and guidance for those affected by someone else's addiction. The Hope Line is intended for the newcomer, who has not yet found Nar-Anon.

Those of us who perform this Twelfth Step service, have but one purpose: to help families of addicts. Our goal is not to promote Nar-Anon but attract those who reach out to attend a meeting and/or take away information about our Twelve-Step program. Our approach is one of service.

This is an excellent beginning service opportunity. If you have been working with a sponsor for at least 3 months and are interested in being of service, the Hope Line would love to speak with you.

Our next committee meeting is April 25th in the RMR Clubhouse at 6pm MT if you would like to join us.

Please email hopechair@naranonrm.org

Traditions and Concepts Study

Traditions and Concepts Study is where we learn to become trustable servants, to have healthy relationships, and to build and maintain a healthy service structure.

Every week, a group of us from "It Starts With Us" meet on Wednesday evenings to explore the 12 Traditions and the 12 Concepts as foundational guides for our lives. We alternate Traditions and Concepts (for instance, one week we will do Tradition One, the next week Concept One, the following week, Tradition Two, etc.)

We begin every Wednesday at 8:05 pm MT in the RMR Virtual Meeting Room. (If you join late, ask the host to please transfer you to the Breakout Room). This is the place we ask questions, cross talk, engage in active discussions and explore Nar-Anon's principles.

What keeps a Nar-Anon Family Group healthy and able to fulfill its primary mission? (Tradition 5: We have but one purpose; to help families of addicts.) How does each Tradition or Concept strengthen our group and help protect it from falling apart? How do we apply the Traditions in our homes and workplace, as well as in our groups?

Though this group comes out of "It Starts With Us", all members of the Region are welcome to join us. You do not have to have completed your steps. Jump in wherever you are in your recovery.

Traditions and Concepts Study is useful for anyone and everyone wanting to understand Nar-Anon. Your questions and presence matter!

Join Us!

Self Love and Self Compassion

I have digital and paper versions of the SESH book. One day, I decided to search for common terms within the digital version, which allowed me to see how frequently they were mentioned. The results were both interesting and surprising. I searched for 25 terms often used in meetings, such as acceptance, higher power, fear, gratitude, and insanity, among others. To my surprise, the term "love" appeared 366 times, more frequently than acceptance, higher power, or detachment. This realization prompted me to reflect on the fact that, for better or for worse, we are all in this situation because we love someone affected by addiction.

I recognized that my experience with addiction had caused me to develop tunnel vision and a distorted perspective. My reality had narrowed, leading me to overlook the positive and joyful aspects of my life. It felt as though my life was slipping away.

I came to understand that I could not move forward in my recovery without prioritizing self-care, self-love, and changing my perspective. In my search of the digital SESH book, I noticed that self-care and self-respect were mentioned infrequently at best. I discovered that my love for the addict was separate from my love and respect for myself. This has been a period of significant growth and reflection for me. I've learned that spending time in nature, exercising, meditating, and surrounding myself with non-judgmental people has helped me immensely.

For me, self-love means opening my heart to embrace all parts of myself with unconditional kindness and compassion. Self-acceptance is a crucial aspect of self-love. As I began to look inward and pay attention to my fluctuating emotions, I confronted some difficult truths. I revisited my own history and unearthed memories I had buried and tried to escape from. Engaging in this process has been transformative. The practice of acknowledgment and acceptance allows for deeper healing. Without this acceptance, I find it challenging to delve into the healing process.

Self-love and self-acceptance do not equate to martyrdom. Sometimes, it involves making tough decisions that prioritize our well-being. It's not simply about getting a massage or having nice nails; it is a responsibility we owe to ourselves. This includes cutting toxic people and situations out of our lives. We must recognize and accept our imperfections, as well as the challenges we have faced, in order to move forward.

“For me, self-love means opening my heart to embrace all parts of myself with unconditional kindness and compassion.”

Step 4: Made a searching and fearless moral inventory of ourselves.

The Opportunity Step

Sponsor: You did such a great job on the first three steps, especially Step Three: Made a decision to turn our will and our lives over to the care of God as we understood him, that I think you are ready for The Opportunity Step – Step 4.

Sponsee: The 'Opportunity Step'? Really! For me Step 4 is NOT that! I mean, writing down all of my character defects is not an 'Opportunity' to me! Please explain.

Sponsor: I know you are busy, with a lot of family and work responsibilities – and we all were, and often still are, nervous about starting this step. But, first remember Step 3 – our Higher Power is with us.

Also, taking a fearless moral inventory of ourselves does NOT mean concentrating on our character defects, but rather making an inventory of ALL of our traits, good and not so good.

Consider looking at Step 4 as an opportunity. How can we become the best we can be, change in ways that we want, if we do not start by being clear about who we are as we begin? And, once we have our list, we have the opportunity to decide what to work on to become the best version of ourselves.

Let me share how I approach this Opportunity Step.

First, getting my mind in a good place is important. I start by reciting the 'Serenity Prayer', reminding myself this is the heart of my program.

Next, I read April 3, 16 or 26 about Step 4 in our SESH book, then I go to October 29. I re-read the Thought for Today: "Recovery is about growing up and now is a good time to get started."

This helps me put on my big kid pants.

I also like to read 'Honesty – Day 15' in Thirty-One Days in Nar-Anon, especially the Thought for the Day, "With honesty, wisdom and acceptance, I find serenity. I can follow new paths, broaden my horizons, and live a better life." This helps me to be honest with myself about myself.

Now I am ready to open my Nar-Anon 36 workbook to Step Four.

I read every word, and answer every question. I date my answers, what I've underlined, and commented on. You may be surprised what you underline each time through. I love to compare what my answers are now with what I wrote in a previous exercise. Sometimes I marvel at how much I've changed. Sometimes I marvel at how much I have NOT changed. Both give me a chance to think about where I am and where I think I might want to go.

When I have an issue to explore more in depth, I turn to our new publication, The 4th Step Workbook and see if one of the inventories fits – or, I use the template to design one of my own.

Finally, I need that 'quiet half hour' all to myself that the Just For Today saying suggests in our Blue Book. I wait for signs from my Higher Power about what to work on. Sometimes I have to do several quiet half hours, but my HP never fails me. I receive a message or two about which traits to strengthen, to use less, to use more appropriately, to develop, whatever.

It works if you work it, so work it, YOU'RE WORTH IT!"



Tradition 4: Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.

Tradition Four is quite straight forward and offers us a framework and some security as a group and as a fellowship. It also gives us independence, while asking us to be responsible, to respect boundaries and to find balance in anything that could affect the fellowship as a whole. However, it's more than just a procedural guideline; it's a foundation for diversity, allowing individual groups to cultivate unique "flavors" within the broader Nar-Anon experience.

This tradition empowers groups to tailor their meetings to the specific needs and preferences of their members. Consider the varied practices observed in meetings: some groups diligently read the Twelve Steps and Twelve Traditions at the start of each meeting, while others focus on the "Tradition of the Month" or incorporate daily reader entries. Sharing styles also differ, ranging from structured, round-robin formats to spontaneous, "popcorn" style discussions. These variations, far from creating chaos, contribute to a rich tapestry of meeting experiences.

The autonomy afforded by Tradition Four acknowledges the individual nature of recovery and honors the unique needs of each member. There is no "one-size fits all" meeting model.

This diversity, far from being a liability, strengthens the fellowship. It provides a wider range of resources and support, allowing individuals to find meetings that resonate with them. This freedom of choice increases the likelihood of finding connection and support, ultimately fostering deeper engagement with the program.

While Tradition Four grants autonomy, it also implies responsibility. Each member is called to respect the boundaries of individual groups and to ensure that their actions do not negatively impact the fellowship as a whole. Additionally, each group makes decisions for itself and takes responsibility for those decisions.

When we carry a consistent message of recovery and hope, follow the principles of the program, and use conference approved literature, we can call ourselves a Nar-Anon Family Group.

This is not about rigid rules, but about finding a healthy balance between individual freedom and collective responsibility. True autonomy involves considering the impact of our actions on others. It is a living tradition and requires constant practice and mindfulness. This delicate balance between autonomy and responsibility is the key to maintaining a vibrant and supportive recovery community. It also ensures that when a newcomer arrives, they are welcomed with a consistent message.

*Spiritual Principles of
Tradition 4*
Autonomy
Responsibility
Consistency
Trust
Commitment
Integrity
Unity

Concept 4: Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.

“Just as freedom for the individual comes from the Twelve Steps and freedom for the group springs from the Twelve Traditions, so freedom for the service structure flourishes from the Twelve Concepts of Nar-Anon Service.”

Trusted servants are integral to our service structure. There are many roles individuals can fill to be of service to our fellowship. Members start by attending meetings and holding space for other members, patiently listening to others share and becoming willing to share themselves. It is a great service to our groups for people to read readings and contribute to our meetings. All of these are service positions that everyone is welcome and encouraged to participate in.

Groups, Regions and our World Service Office also have trusted servant positions that are elected positions. In accordance with the 4th Concept, we value effective leadership in Nar-Anon and all voting members have the responsibility of considering leadership qualities of the member standing for a position before voting.

An important part of practicing this Concept is knowing what qualities I value when it comes to leadership. I have adopted spiritual principles from this program and am looking for a leader that embodies these things as well. For me, practicing this program means practicing honesty, hope, faith, courage, integrity, willingness, humility, brotherly love, forgiveness, perseverance, spirituality and service in all areas of my life. Of these, honesty and willingness are two of the first qualities that I am looking for in a leader.

In addition to this, integrity, empathy, vision, communication, accountability, confidence, resilience, the ability to delegate, make decisions, and adapt to challenges are all important when it comes to electing a trusted servant.

In Nar-Anon, when we have an open elected trusted servant position, we typically offer the person standing for the position some time to share why they are interested in the position and what they feel they might bring to our fellowship through that role. There is often time allotted for members to ask questions of the person standing for the position. This is an opportunity for me to ask questions, consult with my Higher Power and determine whether or not I would like to place a vote for this person.

In Nar-Anon, we often practice the idea of a “blank slip.” If I do not believe that a potential trusted servant exhibits the qualities of leadership necessary to fulfill the duties of a position, I have the option of voting “blank slip.” This essentially means that I would prefer to wait for another member to stand for this position. This sometimes results in vacant positions and that is okay.

Practicing Concept 4

I love that our fellowship offers Traditions and Concepts as guidelines for our fellowship and I love finding ways to incorporate them into my life outside Nar-Anon. What that looks like for me, is carefully considering qualities of another person when it comes to building friendships and relationships.

It is important for me to know what qualities I am looking for in other people so I can determine if this is a person with whom a loving Higher Power would have me sharing my time. Time is my most valuable asset, and it is not something that I am willing to share with just anyone. I want the people that I keep in my inner circle to be practicing spiritual principles in their life. Honesty, humility, forgiveness and brotherly love are some of the most important qualities I look for in potential relationships.

*HIGHER POWER - Help me to remember.
The Traditions & Concepts are for me to practice.
not for me to enforce*

Do you have experience, strength and hope to share on Step 5, Tradition 5 or Concept 5?
Please send it to us at newsletter@naranonrm.org (along with a copywrite release form)



We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess. We grow by letting go of self for the greater whole!

Thank you!!

Meeting Birthday Shout-Out
April 23, 2014 Boulder Basics 11 years



Recordings
Spotlight:

Sponsorship Magic
in Action
March 2024



Upcoming RMR Events



MULTIPLE DATES

SPONSORSHIP HOUSEPARTY.

Hear experience, strength and hope that sponsors and sponsees gain from sponsorship.

MAY 10

RMR DAY OF SHARING

Join us in person for a day of fellowship, food and recovery.

MULTIPLE DATES

A DEEP DIVE INTO STEP 4

6 days of exploring different parts of Step 4. Come for any or all of the workshops.

Other Nar-Anon Events



MULTIPLE DATES

2025 WORLD SERVICE CONFERENCE

All Nar-Anon members may attend the WSC 2025 as "observers". You must pre-register and get a unique log in link.

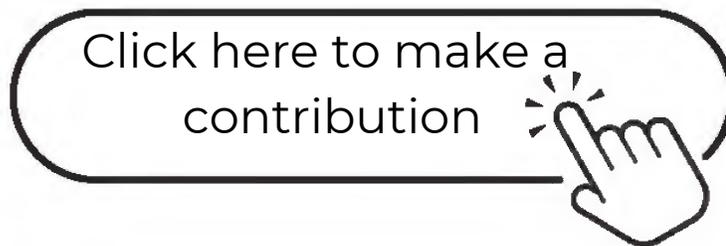
<https://www.nar-anon.org/world-service-conference>

CLICK INDIVIDUAL IMAGES FOR DETAILS

WWW.NARANONRM.ORG/EVENTS



To ensure the future of Nar-Anon consider making a recurring 7th Tradition contribution to the the Rocky Mountain Region.



<p style="text-align: center;">Newsletter Submissions</p> <p>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. Each submission must be accompanied by a signed release form before it can be published.</p> <p>** Next Issue Submission Deadline is the 15th of each month **</p> <p>Upcoming Themes: "Along the Yellow Brick Road" "Friendship Nar-Anon Style"</p>	<p style="text-align: center;">NEED HELP?</p> <p style="text-align: center;">CALL THE HOPELINE</p> <p style="text-align: center;">888-307-9890</p>
<p style="text-align: center;">www.naranonrm.org</p>	



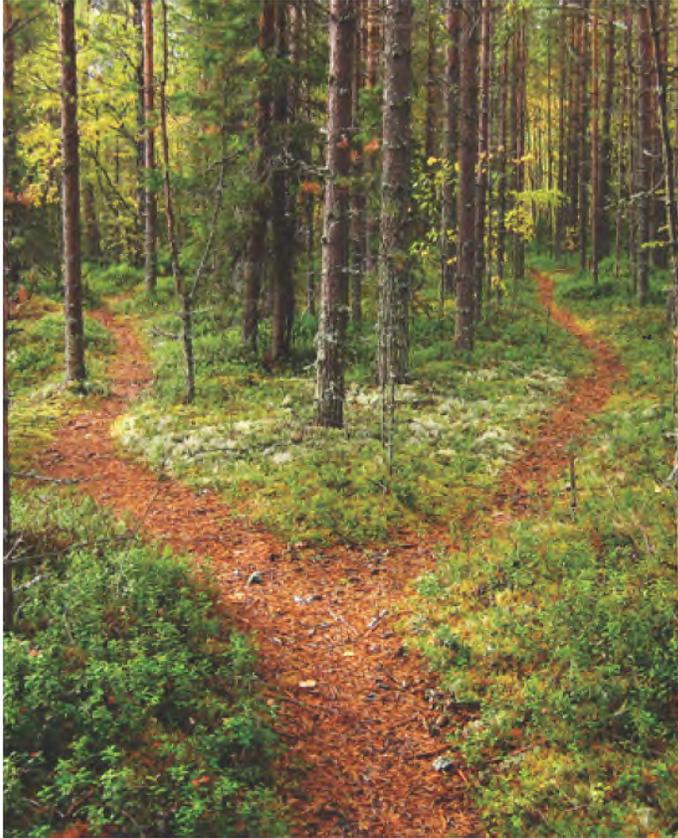
Rocky Mountain Recovery

May 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

yellow Brick Road



“We are both on a path the addict and I [...] We are not supposed to cross over to each other’s paths. That would not help either of our programs, but sometimes our paths are so close together we can hold hands as we walk. Sometimes our paths are so far apart I can not even see the addict and that is okay. [They are] on [their] path and I am on mine. Whether we can see each other or not, neither of us is alone, we are both with our Higher Powers.”

Nar-Anon Family Groups, *Nar-Anon 36 Workbook* Nar-Anon Family Groups , 2016, Introduction P XI.

*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	Upcoming Service Opportunities	Loss from Addiction: A Family Disease

Are there any Nar-Anon related announcements?

- Six part 4th Step Workshop - begins May 17, 2025 at 9 am MT in the Virtual Meeting Room (see page 13 for the flyer and dates of all sessions)
- Carry the Message May 31, 2025 10:30 AM MT in the Virtual Meeting Room

Service in the RMR

Looking to do service in the Region?

A list of all committee's and their contacts can be found at www.naranonrm.org/service-committees/

The following Committee's are looking for new members. Reach out!

Sponsorship House Party Committee will be reconvening to begin planning the next event to be held in August. First meeting will be on Sunday June 1st 5:45 MT in the clubhouse, join us!

sponsorshipcommittee@naranonrm.org

The newsletter committee is looking for members. We meet twice per month to plan, design and review content. Join us!

Newsletter@naranonrm.org

Service is the third legacy of recovery. All members of the Rocky Mountain Region Nar-Anon Family Groups are encouraged and welcome to participate in service at the group and Region level.

Heard in an RMR Meeting Room

True faith doesn't require understanding, it requires acceptance.

The mess, the message, the miracle.

Boundaries are declared, not explained.

Meetings show me where I'm at, the steps show me where I'm headed.

Marry the process, divorce the outcome.

We have to let go of the elephant and worry about the ants crawling up our leg.

CONGRATULATIONS



Our Delegate, Kari J was voted in as a new member of the World Service Board at the 2025 World Service Conference.



A Member Shares

Q: In the Yellow Brick Road reading, we're reminded that we each have our own path to walk. How do you navigate staying on your own path while allowing your addicted loved one to walk theirs?

When I first read "The Yellow Brick Road" in the Nar-Anon 36 (12-Steps Workbook), its messages struck me profoundly, sparking what I can only describe as a spiritual awakening. I envisioned myself as Dorothy, with the disease of addiction as the devastating tornado that had torn my life apart. The Emerald City became a symbol of freedom from the chaos, and the yellow brick road represented the path to reclaiming my life.

As I journeyed on this road, I often saw my son (my beloved ALO) walking his own path of destruction. At times, our paths almost intersected, and I felt an overwhelming urge to step off my road to rescue him. But each time I tried, I found myself sinking into quicksand—a painful reminder that I cannot save him. In trying to be his savior, I risked losing myself entirely. I've learned that stepping off my road doesn't bring him to safety; it only pulls us both deeper into the mire. Letting go of that false sense of control has been one of my hardest lessons.

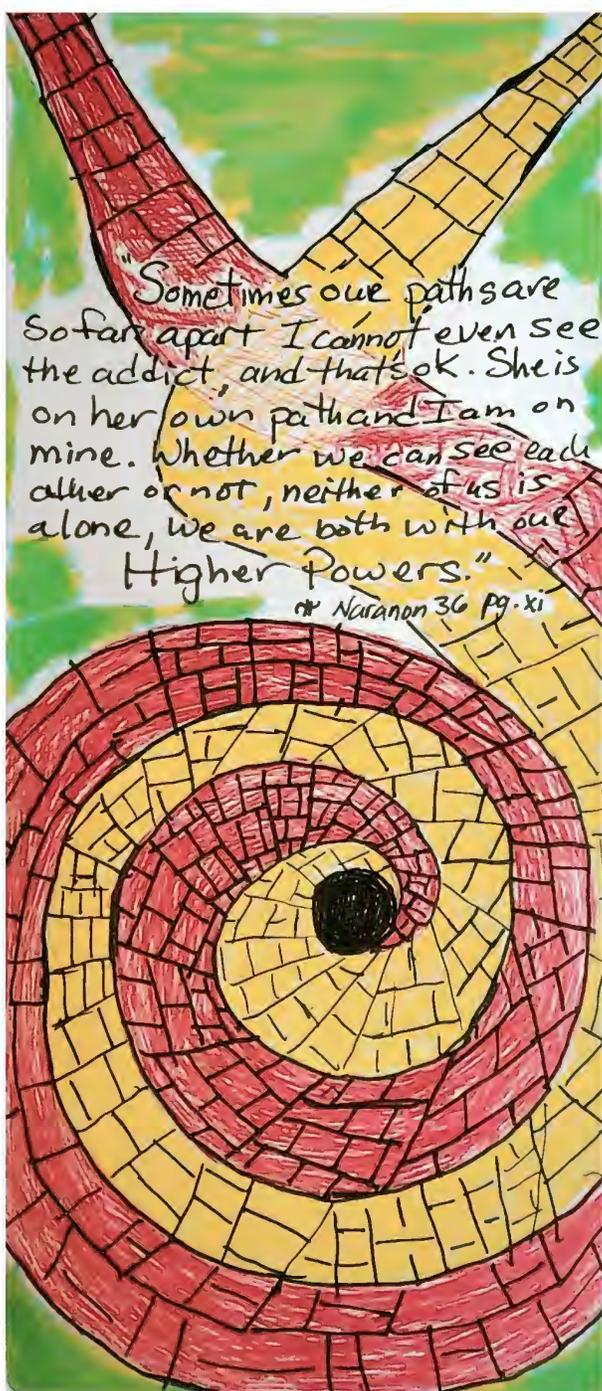
As I stayed on my own path, I found allies and guides along the way. My sponsor, like the Good Witch, listened without judgment and gently guided me forward. I also met my Narabuddies, companions on this journey who, like the Cowardly Lion, Heartless Tinman, and Brainless Scarecrow, share some of my flaws—fear, pride, arrogance, and a need for control. Together, we encourage and hold one another accountable as we pursue recovery. Through their support, I've found strength in community and learned the value of staying focused on the common goal: healing and growth.

I've come to rely on my Higher Power—God, as I understand Him—to guide my every step. I no longer seek my own will but instead surrender to His. I've realized that my son has his own yellow brick road to walk, his own journey to navigate. It may be long, winding, and fraught with challenges, but it is his path, not mine. I must honor his choices and respect his independence, even when I cannot see him on my journey.

I've learned to embrace "God is in the PAUSE"—Postpone Action Until Serenity Emerges—and trust in divine timing. My son and I are two human beings traveling separate paths until our Higher Power decides otherwise. I pray that someday we'll reunite in the Emerald City, hold hands, and embrace once again. Until then, I will keep my focus on my own journey, finding peace, purpose, and faith in the steps I take.

Poison Poppies: Overindulgence, self deception, detours, satiating on something or someone. Going numb, getting anesthetized. Sick to my stomach. Strung out. Feasting on delusion...

Poison poppies are the habitual “half measures” by which I try to medicate my pain. They are alluring, and may feel magical for a while, but they are dangerous, and cause me to “fall asleep” or be led astray, so that I am not (or am only minimally) accessing conscious contact and the full range of resources from my Higher Power.



“Even after Dorothy reached the Emerald City, she still had challenges to overcome, just as the addict and I will.”

What picture in your head represents the Emerald City for you? Is it when the addict gets clean? When they get recovery? When you both work a recovery program?

Maybe it’s something entirely different. Maybe it’s when you are no longer drawn into the addict’s drama and emergencies. Or when you learn to Let Go completely and Let God.

Remember, Dorothy’s ultimate goal was to go back home. She still had obstacles to manage and hoops to jump through after reaching the Emerald City. She was still on life’s journey. So are we. We don’t finish the steps, get a certificate, and we’re good for life. This is a lifestyle to change our life. To find ourselves (our home).

The “Emerald City” is just a celebration on the road of life.

Yellow Brick Road Readings

Nar-Anon Blue Booklet,
page 23: “Helping”

SESH, February 26: “From
Insanity to Sanity”

Tin Man

In The Wizard of Oz, the Tin Man lacks a heart. He can't feel or express emotions, and operates like a robot. For many of us living with addicted loved ones, we have survived by suppressing our feelings and being emotionally "flat." While we may love our addicts, that love can be hard to experience. We find ourselves with hearts that are cold and hardened. We may wonder if our loved one's love for us is enough to overcome their addiction, and even though our rational brains know that that is not how addiction works, our hearts may feel rejection and worthlessness.

Eventually the Tin Man learns that he does have a heart. His actions helping others demonstrate his love, even when he can't feel that love. So it is with us. Sometimes we love our addicted loved ones not with feelings that we experience in our body, but with the actions of accepting our loved ones as they are, rather than as we wish them to be. We show ourselves love in the same way. When the Wizard gifts the Tin Man a heart-shaped pocket watch, the Tin Man feels complete. Nar-Anon gives us something similar—a feeling of healing and completion.

Scarecrow

"If I Only Had a Brain...." sings the Scarecrow in the movie The Wizard of Oz. He is the epitome of self-doubt and lack of confidence. When Dorothy encounters him in the Emerald Forest, he gets so confused providing directions that he's pointing in every direction. So it is with so many of us, before we find recovery in Nar-Anon. Addicts con and lie, and when we are focused on our addict instead of ourselves, we can easily feel fooled and dumb.

But while the Scarecrow may not feel smart, it turns out he is incredibly resourceful. He teaches Dorothy how to wrangle apples from a mean tree, and extinguishes the flames when the Tin Man catches on fire. How many of us have felt stupid when we learn our addicted loved one is using right under our nose? The truth is, we are just as capable as the Scarecrow was. While we may doubt ourselves, we are experts at dealing with chaos. By finding our way to Nar-Anon, we've proven we can identify and seek out help. Recovery may not make us smarter, but it certainly makes us wiser. Soon, we are shepherding others down the yellow brick road with experience, strength, and hope, to their own Emerald City. We can point the way with confidence.

“Sometimes we get help from others on the same path such as a scarecrow, tin man, and lion, in the form of experience, strength and hope. This helps us stay focused and grounded.”

Your
story
inspires

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program.

Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues.

Bring the message, not the mess. We grow by letting go of self for the greater whole!

Thank you!!



Newsletter@naranonrm.org

Next month's Topic: Friendship, Nar-Anon Style



We want to hear from you!

Q: From “writing down all the numbers you can” to “Nara-buddy” to the best friends you ever imagined: what has your experience of friendship “Nar-anon style” looked like?

Spirituality Section



In the beginning, I asked a God I didn't know to take my will and give me theirs. As was suggested to me. And I didn't like it. It felt like I was being told to give up who I am and just do this entity's bidding.

I realized it's because I didn't finish the sentence. It's what my Higher Power's will is specifically for my life. So, instead of having to hastily attempt navigating my tumultuous life, I have a Guiding Power built right into my Higher Power.

This had me thinking about other prayers and slogans. "Turn it over" irked the shit out of me. But once the handing over my will piece of it was clear, the next realization was that turning "it over" is intended as an invitation to lighten my load. Instead of having to struggle with this immense weight which was crushing me, I could hand it over to something greater than me. As it turns out, my Higher Power also comes equipped with a Greater Power tow package.

Of course, this doesn't mean I won't have to deal with some or all of it at some point. But my Guiding Power has a state of the art navigation system. And so, I can turn it over, and listen for instructions as my Higher Power decides the timing is right.

Sometimes, I take things back. My ego has sticky fingers so, I'll grab some things back from my Greater Power. Then, for some reason or another, I double down and turn off the navigation system from my Guiding Power and I get stuck. I learn again, I need to go back, ask for help and believe the timing will be right, and with patience, I am given peace and serenity. Because my Higher Power is a high performance Giving Power as well.

But the best of all of that, is my Higher Power is not here for my bidding either. My Higher Power is here for the journey too, but with me. Specifically with ME. My Higher Power reinforces there is no destination, so I can actually enjoy the present. Being mindfully in the present allows me to continue to improve my conscious contact with my Higher Power.

It's so easy for my human brain to get lost in the pains of the past or the worries of the future. To take it back or go run amuck. Then come back with an oopsie face. There is no shame from my Higher Power. They have a grace roof. My Higher Power is a Gracious Power too. And teaches me to not just extend grace to others, but to myself as well.

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

THE GIFT OF STEP 5

Taking the leap from Step 4 to Step 5 very much felt almost as scary as imagining myself jumping off of the side of a cliff. I was either going to fly or crash and burn. After all, I had just uncovered and discovered things about myself that I did not know, or had buried deep within myself because of the pain I had endured. I know today that doing that was a big part of the reason I got and stayed sick!

The thought of sharing with my Sponsor all of what I had uncovered was quite frightening. Was I going to be able to be honest and share openly with her all I had discovered about myself? Would she then judge me and think I was a terrible person, and not want to sponsor me or ever have anything to do with me? Would she share my inventory with others? Could I trust her?

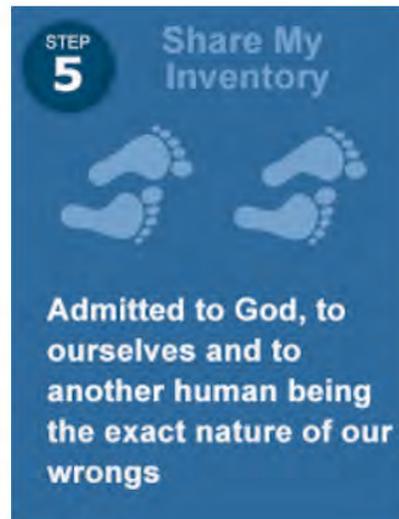
To take this leap I had to practice a few things, that before I took Steps 1, 2 and 3 were foreign to me. I had to practice honesty, trust and faith. Admitting to God was easy, as I was of the thinking that God has always been with me, even if I wasn't acknowledging him, and he already knew everything there was to know about me and my defects. But did he still love and care for me? Admitting to my Sponsor and actually having to say the words out loud was possibly one of the hardest, humbling and vulnerable things I have ever done in my life. My sponsor listened patiently and lovingly to all of my feelings, perceptions and pain, and in the end, gently guided me to identify and accept all of my assets and defects. My sponsor and I completed my 5th step in one day. I spent 6 hours looking at myself with my sponsor after inviting God into the room.

The Gift:

I wish I could tell you exactly what happened when we were done that day. That there was some sort of immediate change in my life situations. That has happened with time and continues to happen on a daily basis as I continue working the steps, and I believe taking Step 5 was what opened the door for that to happen for me. The immediate feelings were feelings of relief, a cleansing, almost as if I was given a second chance to see life, and the person I was, and continue to work on my own recovery.

It was in Step 5 that I really accepted that I needed to work this program and the steps for me, and not the addicts in my life. Step 5 also gave me courage to accept my past and my life for what it is and continue on my journey with the help of my Sponsor, my Higher Power and the Nar-Anon fellowship.

For me, Step 5 was a gift!!!



Do you have experience, strength and hope to share on Step 6, Tradition 6 or Concept 6?
Please send it to us at
newsletter@naranonrm.org (along with a copyright release form)

Tradition 5:

Each Nar-Anon Family Group has but one purpose; to help families of addicts. We do this by practicing the Twelve Steps of Nar-Anon, by encouraging and understanding our addicted relatives, and by welcoming and giving comfort to families of addicts.

This tradition reminds us that there is only one purpose for every Nar-Anon Family Group: to help families of addicts. When we regularly meet together as family members of addicts, we are helping each other find peace and serenity whether the addict stops using or not.

It can be easy to get distracted from this purpose when our groups meet. We can spend time catching up with fellow members, planning events, or otherwise connecting and accidentally end up ignoring new members. It is important to remember that the only thing we are here to do when we are meeting a Nar-Anon Family Group is to help families of addicts. Our Fourth Tradition suggests that we are free to practice autonomy and do this in any way we wish, but this tradition offers that if what we are doing as a group is not helping families of addicts, perhaps we are not operating with the spiritual principles of this program as a guiding force.

The correlation between Step 12 and Tradition 5 is paramount - our twelfth step states that we try to carry this message to others, and Tradition 5 reminds us that this is the only purpose we have as a Family Group.

Concept 5:

For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.

The Concepts contribute to the design for living that is offered by the Nar-Anon 36 (the 12 Steps, the 12 Traditions and the 12 Concepts.) Although The Concepts are written for our service structure, we learn to practice them in our daily lives.

While often not as formally defined as within our service structure, it has been important for me to clearly define accountability and decision making when it comes to service that needs to be done in order to keep my household running as smoothly as possible. There are a plethora of things that need done: yard work, housekeeping, laundry, finances, car maintenance, cooking, grocery shopping, etc., etc., etc. Much like we do in our family home groups, we can have a group conscience and determine which family members are willing to be of service in which categories. If we allow each family member the dignity and responsibility of being the single point of decision and accountability, we share the load and find purpose.

It's important for me to remember that we have a single point of decision and accountability, not so that we know who to come to when something goes wrong, but so we know how we can contribute when someone needs support. When everyone knows who is taking responsibility for what, we know where to express gratitude.

HIGHER POWER - Help me to remember.

The Traditions & Concepts are for me to practice. not for me to enforce

Loss from Addiction – A Family Disease

Addiction runs deep in my family. Our family has a disease and it has been passed down over many generations and that disease is addiction. There is definitely a genetic link - our grandfathers, a great aunt, a cousin, my brother and other relatives have suffered from this disease and several have lost their lives to this cunning and baffling disease of addiction.

Over the past several months I had tried several times to ask my brother with love and kindness to go back to rehab and give it another try – that relapse is part of recovery and that he had a choice to get help for this disease, just like he would if he had cancer. I tried to normalize it and humanize this disease and I tried to convey that it is not due to a weakness or moral failing on his part but is actually a disease and he needed help. I knew I could not blame, shame or judge him for his disease - it was just like having cancer - he had an illness. S.E.S.H. March 12 (page 72) – Addiction is a Disease.

Unfortunately, he declined those attempts but due to this program I knew I couldn't guilt, shame or judge him for saying NO to going back to Rehab – it had to be his choice and his choice only. S.E.S.H. August 9 (Page 222) – Double Winner Practices Detachment - Thought for Today - "Recovery is a journey we can share, but each person must make their own decision on whether they want to take the trip."

I watched my baby brother take his last breath on Valentine's Day, which was the day after he turned 54 years old in an ICU where he had been intubated and on a feeding tube for a couple of days.

He lost his over 40-year battle with addiction on a day he should have been celebrating Valentine's Day with his wife and family. His liver had finally given out and he was gone. He left behind a wife, a one-year-old daughter and four-year-old son, and our mother, three siblings and several nieces and nephews.

I can't tell you the number of times over the years that I had buried him in my mind, but when the time actually came, I wasn't really prepared for the grief, anger and sadness that I felt. I am grateful for the time I have been coming to 12 Step "Anon" meetings, since his only time in rehab was back in 2014. I think everything I learned here kept me sane and gave me the hope that I could survive his passing. I am not alone on this journey of having an addicted loved one and I found my supportive "family" in these rooms.

What have I learned from my time of my "butt in these seats":

- The 3 C's - I didn't CAUSE it, I can't CONTROL it and I can't CURE It. And a fourth C - I have CHOICES.
- I am not a victim or martyr - I have choices.
- I am not responsible for everyone and everything.
- It's not my fault.
- Respond - do not react.
- He wasn't in his addiction to "punish" me and/or our family, in fact, it wasn't even about us at all.
- Let Go - Let God.
- God's will - not my will.

Loss from Addiction – A Family Disease (cont'd)

- One day at a time and sometimes just one hour or one minute at a time.
- Give myself Grace and Self-Compassion - this journey isn't easy.
- I found my Higher Power in this program and it was very different from the one that I knew growing up as a child in an organized religion. SESH - March 7, (Page 67) - Faith Restored.
- My Higher Power is a loving, spiritual force in my life.
- He has his own Higher Power and that is not me.
- Learned to pray here and not ask for a specific outcome but to ask for strength and courage to get through with God's help to deal with his will for my loved one and his will for me.
- I can't Mother, Manage, Manipulate or be a Martyr to get him to go back to Rehab again. It had to be his choice. (The 4 M's).
- I can set healthy boundaries for myself and those boundaries are for me.
- I need to QTIP - Quit Taking It Personally.
- Progress not Perfection. And, "Perfectionism is the highest form of self-abuse."
- I also didn't want to rob him of his dignity by "trying" to make choices for him.
- I also couldn't INC him constantly - first time I told him he needed to go to Rehab that was INFORMING, second time was NAGGING and the third and subsequent times were CONTROLLING.
- This program has taught me that when I move to control another human being, that is MY disease acting up and that was my responsibility.

And I have learned from working the 12 Steps that when I move to control someone else, I am usually fearful of something happening. And coming from a place of fear is never a good thing. I could love my brother unconditionally and offer to support him by detaching with love.

I learned here that I cannot have EXPECTATIONS for him because that only leads to premeditated RESENTMENTS and I don't want those.

When I spoke to him, I tried to practice THINK - in what I was saying to him - THOUGHTFUL, HONEST, INTELLIGENT, NECESSARY and KIND. S.E.S.H. December 20, (Page 355) - THINK

And I could and would always love him because his addicted self was not the little boy I grew up with and loved - he had a disease and that disease of addiction eventually took his life.

We will all survive and will keep him forever in our hearts. I will always remember that smiling and carefree little boy, so full of hope and joy; and I will celebrate his 54 years of life and not dwell on his loss. Life is too short and we must live each day to the fullest and do the best we can and that is what I will do to honor him for the rest of my life.

I pray now that he has the peace and serenity that he was searching for all these years and he no longer suffers.

I have made the choice for me to choose recovery and my favorite quote from S.E.S.H. July 3, (page 185) – Spiritual Awakening - Thought for Today - "With the help of my Higher Power, I can change myself - others I can only love." And love him, I did!

I plan to have my butt in one of these seats until my last breath and at the end of each day I cite this one prayer over and over again to lull me into sleep and to help me find some serenity: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." S.E.S.H. July 4,

Meeting Birthday Shout-Out

May 14, 2021 Freedom on Fridays (4 years)

May 3, 2014 Saturday Serenity (11 years)

The Saturday Serenity Nar-Anon group in Longmont, Colorado was founded in May 2014 alongside an NA meeting in the same building. Saturday Serenity provides a unique opportunity for individuals in recovery and their loved ones to participate in mutual support simultaneously.

Our Saturday Serenity meeting operates as a hybrid gathering—offering both in-person camaraderie and intimate online fellowship, especially valuable for newcomers seeking support on a Saturday evening. Each week, a dedicated core group guides the session, beginning with introductory Nar-Anon readings followed by the day's SESH passage. Participants are then invited to share their reflections and experiences.

Since our meeting coincides with the Saturday Speaker meeting, we often find ourselves lightheartedly guiding newcomers to the right room—an experience that brings levity and connection to our fellowship.

If you find yourself in Boulder County, we welcome you to experience recovery with us at 7 PM on Saturday evening:

New Beginnings (AA Boulder County Central Office)
1801 Sunset Pl, Suite B
Longmont, CO 80501



There are several new speaker and event recordings on the website



Uncover Discover Recover



Rocky
Mountain
Region



Using the Nar-Anon 4th Step Workbook

Each session is two (2) hours in length

**MAY
17**

8a PT | 9a MT | 10a CT | 11a ET

**Introduction
How to use the Workbook
Fear Inventory**

**MAY
18**

11a PT | 12p MT | 1p CT | 2p ET

**Credit and Debit Inventory
Personal Safety Questions**

**MAY
31**

7a PT | 8a MT | 9a CT | 10a ET

**Quick Inventories
Freestyle Inventory**

**JUNE
1**

11a PT | 12p MT | 1p CT | 2p ET

**Relationship Inventories
Behavior, Change, and Characteristics**

**JUNE
21**

8a PT | 9a MT | 10a CT | 11a ET

**Relationship Inventories - Patterns
Ideal, Attitude, Attraction to a Romantic
Partner, and Sexuality and Gender Roles**

**JUNE
22**

11a PT | 12p MT | 1p CT | 2p ET

Resentment Inventory Chart

Join us for any or
all the workshops!

Held in the RMR
[Virtual Meeting
Room](#)



 NarAnonRM.org



To our members...

*Keep coming back! ... don't leave before
the miracle happens*

[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.

**** Next Issue Submission Deadline is the 15th of each month ****

Upcoming Themes:
Friendship Nar-Anon Style

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888-307-9890

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





Rocky Mountain Recovery

June 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

"Oh, the comfort-- the inexpressible comfort of feeling safe with a person - having neither to weigh thoughts nor measure words, but pouring them all right out just as they are, chaff and grain together certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness, blow the rest away."

-Dinah Craik, A Life for a Life, 1859 (The Nar-Anon Blue Booklet)

The opposite of addiction is connection. Many in our fellowship have found profound connection and friendship through shared recovery and service.

We invite you to come all the way in, participate, find your place, and rest. We've discovered a way to find peace, whether or not the addict is using.

You are not alone. You are eligible too. We're glad you're here.

*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	Day of Sharing Re-Cap	Service Opportunities

Are there any Nar-Anon related announcements?

- Summer Assembly: July 19, 2025 9AM MT in the Clubhouse
- Carry the Message with a Nar-Anon and Narcotics Anonymous speakers June 28, 2025 10:30 AM MT in the Virtual Meeting Room
- The newsletter committee is looking for additional members! Join us in the Clubhouse on the last Sunday of the month at 5pm MT



SERVICE OPPORTUNITIES

Rocky Mountain Region will elect the following positions at the Summer Assembly on Sat July 19th at 9 AM MT (in the clubhouse)

Chair (2 year term, Colorado Resident)
Vice Chair (2 year term)
Delegate (2 year term)
Alt Delegate (2 year term)
Day of Sharing Chair (1 year term)

Do you feel called to serve?

Interested members should send their service resumes or any questions to chair@naranonrm.org and vicechair@naranonrm.org.

Heard in an RMR Meeting Room

“If we risk nothing, we risk everything”

“PAUSE: Perhaps Another Unseen Solution Exists”

“Bloom rather than doom and gloom”

“Love is the connective tissue of the Universe”

“Pride plus arrogance equals EGO (Edging God Out)”



Recovery Cruise to the Caribbean

Apr. 14-19, 2026

**\$250 Deposit
Required**

Register Today

Info:

cruise@naranonrm.org

naranonrmr.org/recovery-cruise-2026





Q: From “writing down all the numbers you can” to “Nara-buddy” to the best friends you ever imagined: what has your experience of friendship “Nar-anon style” looked like?

Isolation had a fantastic hold on me! I went from being regularly social to feeling like the only safe place was holed up in my house. Nar-Anon cracked open the door to my isolation and allowed me to see the light I've been missing!

For over a year, I collected numbers, never calling any of them, but hearing over and over again in the rooms that I could. Until one day...I did! I called. I texted. And what I got on the other end was everything I never knew I always needed. These were people who got it. While I will forever be thankful to those friends of mine outside of Nar-Anon that supported me the best they could, these “Narabuddies” have traveled the road I was on and shined light in a way no one ever could.

Just send that text. Trust me.



ALO to RLO

ALO. Nar-speak for Addicted Loved One. Yes, my loved one is addicted, as am I. I am addicted to my addicted loved one. I have other unhealthy addictions like sugar, gluten, chocolate -- things I cannot control and, at times, I allow them to control me. But God. Yes, I have a Higher Power. And yes, I need to turn all control over to only my Higher Power. Thank you, Nar-Anon Steps 1, 2, and 3!

My ALO is in recovery. Well, he's started a rehabilitation program and is showing signs of sobriety after surviving a tortuous period of withdrawal. But he didn't come home last night.

I'm clinging to Step 1, admitting I am powerless over the addict, as much as a Nar-Anon newbie of three weeks can. But "ALO" is haunting me. Addicted Loved One. Addicted. Addicted. ADDICTED!

Just for Today, maybe just for this morning, I am choosing to replace "ALO" with "RLO." Recovering Loved One. Recovering. Recovering. RECOVERING!

He's not perfect. There are going to be bumps in the road. It's going to take practice and patience, hard work, meetings, steps, and most of all, relying on his Higher Power.

But at least until I see him again, he is my RLO. My Recovering Loved One. And I think that means I too, am beginning a path to recovery.

Meeting Anniversary Shout-Outs

June 20, 2014

Been There, Done That, 11 years

“Healing together is easier than struggling alone.”

Friendship January 18th

“What I have learned in Nar-Anon about friendship is to be more open and honest in my relationships...I have learned to accept people for who they are, and not expect them to be what I am or who I want them to be. I have also learned that everyone is responsible, including me, for his or her own behavior ... Nar-Anon has given me a new set of friends that I can trust, and I feel close to them.” - SESH p18.

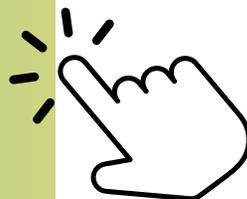
Next month's Topic: Welcoming the Newcomer

We want to hear from you!

Fill in the blank: I wish I had known _____ as a newcomer.

[CLICK HERE](#)

to submit your answer!



Members share about the Day of Sharing

On May 10, 2025, the Rocky Mountain Region hosted The Day of Sharing, an in-person event open to all Nar-Anon members and newcomers.

There were 30 people from 9 different home groups represented at the event and 4 members travelled from outside Colorado to attend.

From 10am-3pm members gathered to share experience, strength and hope. There were several workshops and a few connection games played.

Debbie F's delicious home made muffins (see the recipes on the next page) and lunch were served.

The therapeutic value of Nar-Anon members fellowshiping in person with other Nar-Anon members is an experience without parallel.

I was fortunate to participate in Day of Sharing this year. It was like a mini convention! I connected with old friends and met new friends. Even though I am in the Denver area, I don't participate in in-person meetings, so it was nice to meet people I wouldn't normally meet.

I appreciated the variety in topics. I'm only in step 2, but I really learned a lot about outreach in one of the sessions. It was fun hearing about other members' experiences and recovery through games and sharing slogans.

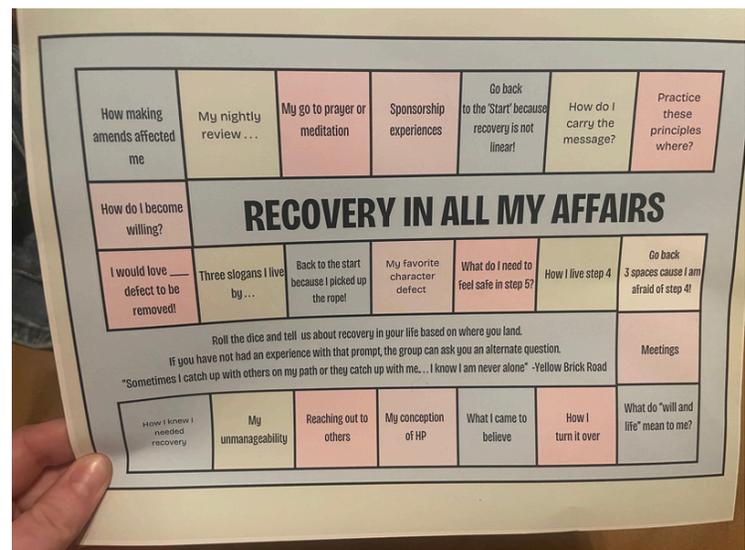
Another member led a group on individual recovery through the 12 Traditions. I am someone who can easily isolate and I actually enjoyed getting out and connecting with people in person! This was a fun day that supported me in my recovery. I look forward to participating next time. Many thanks to the committee and all involved in making this a great day!

Day of Sharing was such a treat! When I arrived I was so happy to be greeted by friendly familiar faces, and also it was easy to introduce myself to others. Name tags were helpful, and having snacks and coffee made it super enjoyable. I really appreciated the table with flyers and other info. It would have been cool if there was literature for sale as well. The best part was definitely meeting my fellow members in person. The games were also super great. As much as I loved the speakers, I actually preferred the activities as a way to get to know others.

Walking in, everything was organized and set up nicely.

It was so fantastic to meet some people in person and the energy was great.

Unfortunately I did not account to spend the entire day there but now wished that I had. It was saddening to hear that Nar-Anon groups really do have a small showing, everywhere. However with all of our members being so vocally open and active in the expansion of the fellowship, there is no doubt it will definitely grow.



Debbie F's Day of Sharing Lemon Crumb Muffins

CRUMB TOPPING:

- 1/4 C unsalted butter, melted
- 3/4 C all purpose flour
- 2 Tb granulated sugar
- 2 Tb light brown sugar

BATTER:

- 1/4 C unsalted butter, softened
- 1/2 C granulated sugar
- 1 large egg
- 1/2 tsp vanilla extract
- zest of 1 lemon
- 2 Tb lemon juice, freshly squeezed
- 1/4 tsp salt
- 1 1/2 tsp baking powder
- 1 C all purpose flour
- 1/2 C sour cream

GLAZE:

- 6 Tb powdered sugar
- 1 Tb lemon juice



Preheat oven to 350°F. Line a muffin pan with paper liners.

Prepare crumb topping: In a medium bowl, whisk together dry ingredients. In a separate medium bowl, melt butter. Slowly add dry ingredients to melted butter. Use a fork to blend together until only small pieces remain. Transfer crumb topping to a small rimmed baking sheet or large plate. Set aside.

In a large bowl or stand mixer, cream together butter and granulated sugar until light and fluffy. Add egg, mixing until fully combined, followed by vanilla, lemon zest and lemon juice. Continue mixing. Scrape bowl as needed. Add salt, baking powder and flour, mixing until fully combined. Finally, add sour cream, mixing until no streaks remain. Use a large cookie scoop to divide batter between prepared baking cups.



*“Came for the
muffins, stayed
for the
fellowship!”*

I always feel nervous going into events where i don't really know anyone but I was welcomed with open-arms. Not only did I get to meet people in person who I have only seen in the squares but there was recovery shared.

One of the best things I got were handouts. I got an outreach poster (see link below) that I can copy and take and post in my neighborhood. I also got some business cards that I will keep in my car to give out if needed.

Kari J shared about using the Traditions in Relationships and I got a copy of that handout in brochure format.

I'm so glad I went and was able to spend time with my recovery family.

[Outreach materials can be found here](#)

[Traditions in Relationships Brochure](#)

Your story inspires

We are looking for submissions that share experience, strength, and hope with a focus on Nar-Anon, your recovery, and the principles of the program. Seek ways to express your program story that can reach a large audience, and please refrain from mentioning careers, institutions, therapies, religions, holidays, or other outside issues. Bring the message, not the mess. We grow by letting go of self for the greater whole!

Thank you!!

Recording Spotlight:

Are you a sponsor who is sponsoring others? Curious how others sponsor?



The Nuts and Bolts of Sponsorship

A 4-week series exploring

- 1: The initial meeting
- 2: Early recovery; creating trust, reaching out, showing up
- 3: Working the Steps and key concepts
- 4: Encouraging growth and progress; completing the steps.



Step 6: Became entirely ready to have God remove these defects of character.

Yes, yes, yes!!! Please! Sign me up! Remove my defects, God!

Then I started listening to shares on Step Six, reading literature and thinking.

Well, maybe some of my defects I wouldn't mind keeping. Organization, I like. It just got a little out of control—organizing down to the minute and organizing others. So, some of my character defects are really character assets on steroids, and they have run amok. Responsibility became “mistaken sense of responsibility” when I took on the things others really could and should do for themselves. Being helpful turned into exhaustion and resentments when I overcommitted and did too much. Arrogance may have started merely as confidence.

Other defects, like being judgmental and suspicious, self righteousness and even turning to violence could definitely be removed. But then would I end up with a bunch of holes? I continued to “listen to learn” and a few people shared how they have to ask for and take contrary action, in other words, find the opposite of the defect so that their Higher Power could help them adjust. I had to figure out what those contrary actions were. That way, when I got to Step Seven and I humbly asked Him to take away a certain character defect, I would be able to ask God to replace it with the opposite action.

After working Step Four and putting down on paper my part in things, more of my character defects became apparent. Lack of self-love or not feeling good enough was one. I thought sarcastically, (perhaps another defect to examine) “Sure! I will ask God to change that to self love and self acceptance and it will magically happen.” Then I realized that changing our defects to assets is changing behaviors.

Change is hard and takes time. It will take practice and it will become easier over time as the contrary action builds like a muscle as God helps me one day at a time to see my defects and practice change.

SESH: pages 160, 169, and 172
Sharing Recovery V2: “It’s the Steps ...”

**Do you have experience, strength and hope
to share on Step 7, Tradition 7 or Concept 7?**

Please send it to us at

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

Tradition 6: Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous.

My first impression of this tradition was to see it as the 'rules tradition.' These were all the things a group couldn't do if it wanted to remain healthy. This makes sense to me because I grew up in a family system of rules. I sought out other organizations like church, Boy Scouts and civic groups who all had rules like those in Tradition 6. I used to enjoy quoting rules and saying things like, "you can't do that..." This was a safe controlled way to manage the fear and diminished self-esteem I maintained for decades.

Then a friend introduced me to the idea that traditions are about our group and individual principles, not group or individual rule enforcement. What do we as a group or as individuals STAND FOR? That type of question honestly melted my mind. Before program, I was always in the "this is RIGHT" and "that is WRONG" camp based upon the situation or environment of that moment. I'm exhausted thinking about it.

Today, for me, Tradition 6 is about Integrity and Unity so I have to ask- Why do I attend recovery meetings? What am I searching for when looking for a Home Group? What might a Newcomer be looking for? How should my Home Group operate and to what end? For me, it's all about belonging to a group of like minded people who are seeking a spiritual solution to the effects of addiction on my life and the life of my family.

When I think in these terms, there is no need for any outside enterprises. The Nar-Anon program, events, and literature meet this need, and I don't need to be confused or have that message diluted. Within this framework, issues about our individual lives, reputations, careers, and financial status don't matter. Everyone is welcome and everyone is in unity, seeking recovery from the effects of addiction. Within this framework, I support our group contributing to the Nar-Anon program. Within this framework, I see the benefit of cooperating with NA.

Nar-Anon is not going to tell me to carry Narcan or not to carry Narcan. It's not gonna tell me to read this psychologist's new emerging theories on drug use. It's not gonna tell me to go to a particular religious institution or pray in some particular sort of way.

Suggested Readings:
SESH Tradition 6 p 161

Concept 6: Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions.

The Group Conscience is a shared decision reached by a careful and respectful process where everyone has a voice, and everyone listens.

Most groups I have attended have a business meeting of some sort. A regularly scheduled time and place where the group discusses and makes decisions on a variety of different things pertaining to the group. It is a time where changes to the format can be made, additional meetings can be scheduled, and trusted servants are elected. We also make decisions about how we spend our funds, and if we want to have any special events, the process can start there. This is by no means an all inclusive list of things that can be accomplished at a business meeting.

In my home group, we call this meeting a "group conscience" and we practice consensus based decision making. Simply put, consensus based decision making is a group process where participants work together to develop and agree on a decision that everyone can support, or at least live with.

Before every Group Conscience meeting, we start with a moment of silence and the Serenity Prayer. This is a simple tool to remind me that every member present has also brought their own Higher Power with them and that that Higher Power is guiding them in all of their ideas and view points.

Discussing things in a respectful way, and being a part of a group that has a goal of finding something that everyone can live with has been life changing. I have witnessed and been a part of this now, and it is not something with which I had ever had this experience before.

Practicing Concept 6 has hugely impacted how I navigate decision making in my personal life. When appropriate, I have suggested praying together with the other people involved before engaging in any discussion or decision making. Sometimes we have used the Serenity Prayer and sometimes we have used a version of a Set Aside Prayer: "God, please set aside everything we think we know about ourselves, about each other, about what we are about to discuss and especially You, God, so that we may have open minds and a new experience with all these things. Please help us see the truth."

I have also gotten in the practice of saying a prayer myself if it does not seem appropriate to do it together. Before engaging in conversation with someone else. I will pray the Serenity Prayer, and I sometimes use "God, please have me hear what you would have me to hear and share what you would have me to share." An individual version of a Set Aside Prayer also works wonders for me. This reminds me that I have a Higher Power with me and helps me remember the importance of listening to all voices involved with an open heart.

I have not started practicing a regularly scheduled Group Conscience with my family, but look forward to exploring this idea as I continue to navigate life in recovery.

*HIGHER POWER - Help me to remember.
The Traditions & Concepts are for me to
practice. not for me to enforce*

Do you have experience, strength and hope to share on Step 7, Tradition 7 or Concept 7?

Please send it to us at

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



Connection is the opposite of addiction.

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

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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.

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Rocky Mountain Recovery

July 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org

It has been such a privilege to be a newsletter committee together and know that we are serving the members of Nar-Anon including ourselves. It is not often that 12th step work is quantifiably measured, but being able to see that we have grown from 87 subscribers on our first issue which was sent out on July 2, 2024 to 252 subscribers receiving our 12th issue on June 1, 2025 is exhilarating. The newsletter seems to have become a valuable and sharable resource, referenced among members within our fellowship.

We are excited to announce that the first twelve issues of our newsletter are now available as a searchable PDF on our website. Similar to the electronic versions of our literature, this means that we can search through all past issues of the newsletter for a particular word, principle, feeling, subject, etc.

Each issue we highlight, a Step, Tradition and Concept. As with all of our articles, these are written for and by our region’s members, sharing their own experience, strength and hope. We have compiled these now into their own searchable PDF collection. We hope that this might serve as a mini leaf of the mighty tree we call the Nar-Anon 36.

It has been such a pleasure to serve you. The newsletter isn’t possible without you who contribute. If you have an interest in growing friendships, growing your service, writing, creating or design, please reach out to join us!

*Sincerely,
The RMR Newsletter Committee
Alicia. Julie. Meg. Megan. Stephanie. Tiffany*

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	Day of Sharing Re-Cap	Service Opportunities

Are there any Nar-Anon related announcements?

- Starting Tuesday, July 15th, join us in the clubhouse for an hour each week to study the 12 Concepts of Service. We'll discuss how they can be applied in real-world service scenarios. 4:00 MST
- Starting Wednesday, July 16th, It Starts With Us' Traditions and Concepts Study will be starting over with Tradition 1, 8pm MT in a breakout room of the main meeting room
- The RMR Convention is coming up in November and right now you can register with the early bird pricing. Check out the [convention landing page on the RMR website](#).
- Carry the Message with a Nar-Anon and Narcotics Anonymous speakers July 26, 2025 10:30 AM MT in the Virtual Meeting Room
- The newsletter committee is looking for additional members! Join us in the Clubhouse on the last Sunday of the month at 5pm MT



SERVICE OPPORTUNITIES

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Vice Chair (2 year term)
Delegate (2 year term)
Alt Delegate (2 year term)
Day of Sharing Chair (1 year term)

Do you feel called to serve?

Interested members should send their service resumes or any questions to chair@naranonrm.org and vicechair@naranonrm.org.

Heard in an RMR Meeting Room

Sometimes things have to get different before they get better.

This is a 12 step fellowship, not a come to meetings fellowship.

When I got busy, I got better. (do service!)

If things go wrong, don't go with them.

Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

Recovery Cruise to the Caribbean

Apr. 14-19, 2026

\$250 Deposit

Required

Register Today

Info:

cruise@naranonrm.org

naranonrmr.org/recovery-cruise-2026





A Member Shares

Q: Fill in the blank: I wish I had known _____ as a newcomer.

I wish I had known...there was a nightly meeting as a newcomer. The comfort I get from having a meeting everyday of the year is one of the biggest blessings the program has given me. The first time I joined I was greeted by name even though no one knew me. I figured I wouldn't attend regularly being that it was late for eastern time, but the open welcome and the recovery I witnessed kept me coming back. This was a meeting with great recovery and a mix of new and old members.

I found a healthy meeting that offers a weekly step study, tradition study and people who sponsored. I love seeing the same familiar faces each night but I get the most joy when I notice newbies (like me) who keep coming back and become regular attendees. This has become my home group and even though I live in Georgia I consider ISWU to be my biggest blessing and the reason I keep coming back.

I wish I had known...that patience was going to be one of the hardest things for me to learn. As soon as I learned a lot of the tools that would make my life better, like attending meetings, reading the literature, using the slogans in my everyday life, getting a sponsor and working the steps, I wanted everything to be better quickly. But it takes time. After a while I learned that now that I know better I can do better, but it's progress not perfection. Patience and perseverance have been important for me to learn in my recovery. As we say in Nar-Anon, this is a simple program, but not an easy one.

I wish I had known...It's not a religious program but a spiritual one.

I wish I had known...What all the initials represented, like ALO (Addicted Loved One,) GSR (Group Service Representative,) WSO (World Service Office.) I didn't know what the hell they were talking about. Plus I wish I knew how to access meetings and go to more than one a week. It took me three weeks to figure that out

I wish I had known...the understanding, help, peace, strength, welcome, friendship, acceptance, wisdom, and absolute absence of expectations of me awaited me in Nar-Anon.

I wish I had known...that working the 12 Steps was going to clean up my life and my relationships, change me into the person I always wanted to be, and make me the happiest I've ever been. That was my experience.

We want to hear from you!

Next Month's Question:

Share your 4th Step experience. What gifts did you receive? What did you uncover? What are you ready to discard?

If you got stuck before or during Step 4, and how did you or will you push through?

[CLICK HERE](#)

to submit your answer!

A Step 1 Story

Step one says "we admitted we were powerless over the addict - that our lives had become unmanageable."

Step One and I got a thing going on. I am on my third time working this step, and nope, I have not gotten through all the steps. I got stuck at the end of Step Three; I just couldn't let go. So, my sponsor said, let's run these first three steps back and start at square one. To be honest, it felt like a set back, but I wasn't ready. So, Step One, and I have been dancing. And it is not a waltz. That's too classy. We're doing more like the one, two-step, and we've been getting intimate with this one-two-step. But it's good; I have accepted that recovery isn't a destination but a journey, so I am here for it.

Like the SESH reading, I reacted similarly when I read, I am powerless; I'm like, "Wait, hold up. What do you mean? You've got to be kidding me. Let me hear that again. I am powerless? Oh no, that does not apply to me." I have always felt like all my life, I've had to fight. I always felt like I had to fight for myself, my ALO, my children, and everyone I loved. Blood, sweat, and tears went into why you see me and my family where we are today.

Me!! Ask about me. I am "that girl." I make it happen. Though my life appeared normal on the surface, I felt I had to navigate everything beneath the surface on my own. I felt like I had no one. I never felt safe sharing my inner workings, so I handled it alone. I was your average girl next door with an explosive streak. My explosive streaks served no purpose because I'm like a chihuahua, all bark, no bite.

I am a fraternal twin, and my sis is bigger and taller than me. So, her size served me; she was my pit-bull every time I needed backup when I decided to blow up. When I got her to have my back, I felt like I was calling the shots! I thought I knew how to take people on this emotionally reactive rollercoaster when I felt it called for, which did not happen often because I'm a good girl. Calm, cool, and collected. I couldn't let people know all the resentment, anger, frustration, and all the negative emotions festering inside.

So, my explosive streaks were far and few, but when they did happen, oh, beware because the double mint twins were coming for you.

Back to Step One. This step had me clutching my pearls, like, "What the hell?" Step One asked me to throw my hands up and wave the white flag. Without hands or a white flag, I'm like, "Don't shoot. Please don't kill me; I want to live!! I don't want to die!" I am very resistant to surrender.

In my head, I can convince you with my vernacular, articulation, demeanor, poise, and all the things to believe that I have the power; that I've got this under control. I've got this. Isn't that what I am supposed to think? I was taught you can do anything you put your mind to; the only thing that can stop you is yourself. And this applies to the people in my life as well. I can get you to do anything I have in mind for you, and the only thing stopping you is you! Oh, but addiction had other plans for me. Addiction sucker punched me and whoop down goes Frazier. Just like that, a clear TKO. I heard in these rooms that addiction is a fight I cannot win. And I learned that the hard way. Addiction, as my sponsor says, had two people for the price of one.

My will to exert control over others took me out, and I ended up losing my mind. I suffered from severe insomnia to the point where my mind was on major overdrive, and my brain had to take a break. I will never forget, I ended up in the ER the night before my daughter's second birthday party that I had put together. I was super resistant to going to the hospital, but my family insisted. They knew I needed help, and I did need it. It wasn't just medical help; I needed this program. Even after that event, I didn't return to the rooms, but I am here today.

This program and Step One were not trying to shock me as I had perceived, but they graciously let me become aware that I don't got this and that my life is a hot mess. I have to admit that I have no power, and I have to keep admitting it. Like every day. I recognize that this step is trying to kill something. But it's a straight shooter. It's going for my ego, arrogance, pride, and a false sense of control. Step One has shown me that my life doesn't work with those characteristics at the core of my life.

A Step 1 Story

(cont'd)

Step One looked like defeat at first, but I see today that I win with this step. I no longer have to live in overdrive and over function. I don't have to take on mistaken responsibilities. I don't have to worry about things that ain't got nothing to do with me. I don't have to open my mouth on things that have nothing to do with me because nothing I say or do will make the person do it. This is monumental for me because I struggled with Step One. I keep getting sucker punched by this family disease of addiction, and then it knocks sense back into me where I have to go back and admit that I am powerless. Every time that happens, my willingness and commitment to admit to my powerlessness drops deeper in my heart. I am grateful to openly admit that I am powerless, and every day, I am learning more and more about the people, places, and things I am powerless over.

I just wrote an extensive list of what I am powerless over and keep adding things when they come to mind, or situations happen. That list is what prompted me to share today. I needed to do this list to see what I thought I had power over. Admitting I am powerless is not just teaching me to let go. It also taught me to use the many tools of this program, like sitting on my hands, detaching with love, one day at a time, keeping it simple, three C's, and on and on.

SESH February 17 (pg 48)

The tools of this program are giving me a new life. I am happier today, I am more present today. I still struggle, but "progress, not perfection." Today, the struggle is not the same; I have tools that make the struggle shorter and shorter in duration. Thank HP because the way this family disease of addiction had me looking crazier than the addict is nuts. I am grateful today that this disease brought me to these rooms and this program.

I got here because control had me drag my ALO to an NA meeting. My ALO was as cool as an ocean breeze, and I looked like I was having withdrawals. I have to laugh at myself today because it was so bad that in the after-meeting in the parking lot, I got mistaken for the addict. My arrogant self looked at that guy and was, "ahh no, it's that dude over there." The NA member said, "Ahh, this meeting is not for you; you must go to Nar-Anon. "

I started coming, and I keep coming back. Sometimes, I come to a virtual meeting and sometimes I go to a local meeting and feel like, "Pinch me because this can't be real." I'm waiting for Ashton Kutcher to come out and say, "You got punked," because the love, the recovery, the community, and the healing that has taken place and is taking place in this room is otherworldly. To the newcomer, keep coming back and remember hopes and dreams are free. Hopes and dreams have no deadlines.



DON'T BE
ASHAMED TO TELL
YOUR STORY, IT
INSPIRES OTHERS
AND GIVES THEM
THE COURAGE TO
DO THE SAME.

**Next month's Topic: Step 4:
Made a searching and
fearless moral inventory of
ourselves**

**We want to hear
from you!**

Share your 4th Step
experience. What gifts did
you receive? What did you
uncover? What are you
ready to discard?

If you got stuck before or
during Step 4, and how did
you or will you push
through?



[CLICK HERE](#)

to submit your answer!



Reflections from our newsletter committee members

Serving in the Newsletter has given me the opportunity to work alongside some amazing fellow members who, themselves, serve in several other capacities in Nar-Anon. In addition I got to serve alongside those who serve by turning their cameras on during meetings. All of us are needed.

A year ago, I was the one who turns my camera on. Now I'm the one who turns my camera on and serves on the Newsletter. My healing (and service) journey are far from over and I am so thankful that I had the opportunity to serve on the Rocky Mountain Newsletter this year so that I could tap into a new level of healing I absolutely need in my program.

There is so much service to give in Nar-Anon, each opportunity as needed and significant as the last. There is healing just waiting at the other end of service.

Working on the newsletter has been so much fun! We came in with a tight team, and a few glitches, and within a few months, hit a stride. For the most part, we've been a handful plus one or two members.

A few people are creative, technology wizards, others among us write or proof, and others among us have a particularly uncanny and enthusiastic knack for reaching out to members to craft articles.

Our friendships have deepened; our recoveries have grown. And all because we get to serve you.

Have ideas of themes for us? Send them to newsletter@naranonrm.org. Feel a call to join us? We meet about three times a month, and we'd love to have you.



So much personal growth, so much engaging collaboration and best of all -- so much fun being part of this awesome committee and giving back to the Rocky Mountain Region!



Reflections from our newsletter committee members continued

When I first heard that the Rocky Mountain Region was going to start a newsletter, I got excited and knew it was the perfect committee for me. The first few committee meetings were a challenge. Each of us arriving with our own ideas, vision and a shared desire to carry the message. Starting a project from nothing isn't easy. It was a bit like sitting at a table with a box of beautiful but disconnected puzzle pieces.

Initially, it felt challenging to see how all those ideas might fit together. There were moments of fumbling, trying to force pieces where they didn't quite belong, and wondering if we'd ever see the full picture. But as we started communicating, sharing our edges, and learning to identify the connecting points in each other's contributions, something remarkable happened beyond just creating the newsletter.

With Higher Power as our guide, we began to see our own stories reflected, find new perspectives on our challenges, and deepen our personal recovery through the writing and editing of the many powerful submissions. The act of piecing together the collective experience became a profound part of our individual journeys. And now, a year later, we have a monthly mosaic of experience, strength and hope to share with our members.

We hope you enjoy reading each issue as much as we enjoy creating it. And, if you enjoy writing, editing, design or just a willingness to be of service, we encourage and invite you to join us.

It's been a year? Really? Already? It doesn't seem like it. As I think back, I guess there were some differences of opinion in the beginning. As a committee we looked at the traditions and other appropriate CAL and let Higher Power's opinion (aka will) prevail. I learned how to put principles above personalities, how to be of service, how to reach out to members for contributions and how to not take it personally if my writings were changed. Now our committee flows. We all have our niche. I am becoming to willing to open myself up to learn more and share more vulnerability. I encourage anyone who has an inkling of interest, please come to our meetings and find out. And if you write, draw, write poetry, write out your topic lead, anything recovery related, I encourage you to send it in to share your experience, strength and hope with others.



GROWING IN SERVICE

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



The 12 Concepts in 12 weeks

Learn about the 12 Concepts of Nar-Anon Service

- * One Concept per week
- * How to apply them in service
- * Open discussion with real world scenarios

TUESDAYS

4 PM MT
(1 hour sessions)

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

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

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



www.naranonrm.org

SPONSOR AND SPONSEE: NAVIGATING THE RIVER OF RECOVERY

Enriching the experience of being a sponsor and sponsee

*Save
THE
Date*



Saturday Aug 23, 2025 10-1 MDT

Start time: 9 AM PDT | 10 AM MDT | 11 AM CDT | 12 PM EDT

*Join
US*



Nar-Anon House Party
Hosted By the Rocky Mountain Region
www.naranonrm.org



Step 7: Humbly asked Him to remove our shortcomings.

Let's be honest, most folks breeze by steps 6 and 7 on their way to making amends. I certainly did my first time through the steps. In my 5th Step, I identified my shortcomings with my sponsor and God. I admitted I did not want these defects of character any longer. So, as instructed, I asked God to remove them from me at once. On to step 8. As time passed and I worked the steps again, I saw the power of the Seventh Step come when I approached it as building my character and sincerely letting the God of my understanding into my soul.

My character is the distinctive way I think, feel, communicate, and act. Everything about me is revealed through my character. My behavior shows others my joy, trust, pain, hope, anger, faith, hurt, and confidence, just to name a few. My character reveals what and who is important to me. By aligning my actions and beliefs, the pain of saying one thing and doing another is eliminated.

The words of Step Seven tell me that I do not have the power to remove my shortcomings or change my character. God is the doer. I am responsible to be aware of my thoughts, actions, and words, have faith that it will be done, and humbly ask God to remove them.

How then do I fully participate with my Higher Power to develop my authentic character? I do it on a rinse and repeat cycle. It goes like this. Be conscious of how I am living. Recognize a defect when it is occurring, ask God to remove it at once. Rinse and repeat.

I can build on this foundation when I add practicing contrary actions and asking the God of my understanding to give me the power to be the very principles I seek.

It takes time and effort to identify the principles I want to embody. The possibilities are endless. I started by writing a list of possibilities. Next, with God's guidance, I chose what I wanted to be. Sometimes I focused on one or two principles such as diplomatic and an effective leader. Other times I found principles that were similar and grouped them together. An example of this is being kind, friendly, generous, courteous, polite, charitable, considerate, and caring. The how or why didn't matter. What mattered was my willingness to change using the Power of God and Step 7. When building my character, I rely on God. Here are a few of the phrases I use.

God, show me the way of humility.

God, enable me to be kind, friendly, generous, courteous, polite, charitable, considerate, and caring.

God, show me how to be diplomatic and an effective leader.

God, fill me with inspiration and creativity.

God, use me as YOUR instrument of restoration.

Do you have experience, strength and hope to share on Step 8, Tradition 8 or Concept 8?

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

Tradition 7: Every group ought to be fully self supporting, declining outside contributions.

Tradition Seven is another way we put skin in the game. This tradition asks that we invest something of ourselves into our fellowship: our time, our service, a few dollars for a meeting or an event. Some kind or kinds of currency that are uniquely ours to give (time, talents, treasure, etc.)

The prompt comes from within. We don't give out of obligation, we give out of love. We give as a natural byproduct of our recovery. We give because we are each uniquely gifted to be able to give something. As our joy grows inside us, so do our feelings of abundance and gratitude. A gifting economy is the natural result of our spiritual wealth.

As our spiritual experience becomes a rich inner resource inside us, we have nothing nothing left to do but to share it. The old feelings of scarcity and contraction lift as we step into the trust and generosity our Nar-Anon recovery offers us. We are both students and stewards of a newfound state of consciousness that we now know is available to anyone who seeks it.

When we give back to Nar-Anon through our groups, regions, and the World Service Office, we both kindle and reciprocate the great cycle of compassion, oxytocin, leadership, and participation mystique upon whose very shores we once so fortunately fell. We feed what we believe in, and what we believe in grows inside us.

Please celebrate your bounty with us, and join us in the great, ever-evolving circle that it might grow and remain unbroken. This is our circulatory system we are talking about, and you get to be a part of it! Your contribution feeds the heart of our fellowship and the Great Heart of the Spirit World that connects and sustains us all.

May you live well and prosper, and may prosperity live in your Soul.

**To contribute
monetarily to the Rocky
Mountain Region
[click this link](#)**

**Do you have experience, strength
and hope to share on Step 8,
Tradition 8 or Concept 8?
Please send it to us at
newsletter@naranonrm.org (along
with a copyright release form)**

Concept 7: All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes.

"All members of a service body bear substantial responsibility for that body's decisions and should be allowed to fully participate in its decision-making processes." This means that if you're part of a Nar-Anon group or any committee, you're not just a bystander; you're truly part of the process. Because everyone in a service body has a significant stake in the choices made, we each carry a responsibility to engage thoughtfully and respectfully in helping those choices come about.

For your home group, this concept aligns perfectly with your group conscience. It means that when your group decides things, like what kind of meetings to have, or who will be a trusted servant to help the group run smoothly, every group member is encouraged to share their thoughts and experience. This isn't just a right; it's also a responsibility to bring your unique perspective and spiritual guidance to the table. We believe that a loving Higher Power can guide the group best when everyone actively contributes, leading to decisions that are truly for the common good and for which everyone shares accountability.

This idea extends far beyond the group level. Nar-Anon has service committees at the regional and World levels. Concept Seven teaches us that everyone serving at these levels also has a profound responsibility and a right to participate in the discussions and decisions. Holding a service position means taking on the duty to understand issues, listen to others, and contribute to decisions that impact the entire fellowship. This ensures that the collective voice of the entire fellowship, from individual members to the highest service bodies, is heard and respected, fostering unity and helping Nar-Anon carry its message of hope.

Underlying all of these principles is the bedrock of anonymity, which also ensures equality in Nar-Anon service. In our fellowship, names and personal achievements outside of Nar-Anon don't matter; what's important is our shared purpose and our willingness to serve. This means that every voice in a group conscience carries equal weight, whether you're a newcomer or have years of recovery. No one person is more important than another, and decisions are made based on what's best for the group, not on personal status or influence. Anonymity helps keep the focus on principles over personalities, reminding us that we are all trusted servants, equal in our shared journey of recovery and service.

HIGHER POWER - Help me to
remember,
The Traditions & Concepts are for
me to practice, not for me to
enforce

**Do you have experience, strength and hope
to share on Step 8, Tradition 8 or Concept 8?**

Please send it to us at

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



Connection is the opposite of addiction.

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

Newsletter Submissions

Articles and art are welcome from all members of the Rocky Mountain Region Nar-Anon Family Groups. (You are a member of Nar-Anon if you say you are.) Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit to [**newsletter@naranonrm.org**](mailto:newsletter@naranonrm.org). Each submission must be accompanied by a signed release form before it can be published.

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

NEED HELP?

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HOPELINE

888-307-9890

www.naranonrmr.org





Rocky Mountain Recovery

August 2025

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Step 4: Made a searching and fearless moral inventory of ourselves.

“Working our Fourth Step opens our minds to another way of thinking, a new way of seeing the world around us, and a different way of being in relationships with others.” - Nar-Anon Fourth Step Workbook

Our Region hosted an interactive workshop using the [Nar-Anon 4th Step Workbook: A Collections of Inventories](#) this past Spring. The workshop went over many of the inventories available in the workbook.

Uncover, Discover, Discard.
Detect, Connect, Course Correct.

Step 4 can be a powerful new lens through which we can view ourselves.

“The right way to write a 4th step is to write a 4th step.”

*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	4th Step Workshop Recap	Service Opportunities

Are there any Nar-Anon related announcements?

- Sponsor and Sponsee: Navigating the River of Recovery, Saturday August 23 10AM-1PM MT, main meeting room
- Carry the Message with a Nar-Anon and Narcotics Anonymous speakers August 31, 2025 10:30 AM MT in the Virtual Meeting Room
- 10th Step Interactive Workshop Sep 7th 2025 10 AM MT in the virtual meeting room
- [Nar-Anon Recovery Cruise #2](#) April 12 -19, 2026



CONGRATULATIONS

Newly Elected Trusted Servants:

Chair:

Michelle A-C

Delegate: Alix W.

Literature Chair: Julie W.

Day of Sharing: Tory T.



SERVICE OPPORTUNITIES

Do you feel called to serve?

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

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

Are you familiar with CANVA or iMovie or have a willingness to learn? The Technology Committee is looking for a few members to help us with speaker recordings. Reach out to us at technology@naranonrm.org.

Recovery Cruise to the Caribbean

Apr. 14-19, 2026

\$250 Deposit

Required

Register Today

Info:

cruise@naranonrm.org

naranonrmr.org/recovery-cruise-2026





A Member Shares

Share your 4th Step experience:

What gifts did you receive? What did you uncover? What are you ready to discard? If you got stuck before or during Step 4, and how did you or will you push through?

I have worked Step Four three times so far in my recovery journey. I liken my first go-round through step 4 to sweeping up the leaves in my backyard. In theory, I wanted to "clean up," but being neither fearless nor moral at that time, I was not confident that I would be able to handle what I would find under the detritus.

By the next time I worked step 4, I was more confident in both my program and my sponsor, and I was able to rake up the weeds and till the soil, digging a little deeper into my past resentments and more obvious character flaws. The third time, as they say, was the charm. Because my relationship with God had grown exponentially, I was finally able to trust that I was prepared to make a searching and fearless moral inventory of myself. I was no longer anxious to delve confidently into the soil of myself, rooting out the bilge and the creepy crawlies that no longer served me in my life.

As I progress in the lifelong process of recovery, I hope to continue embracing the principles of the Fourth Step, especially in relation to Step Ten ("Continued to take personal inventory and when we were wrong, promptly admitted it."). Who knows? Perhaps one day, I will even be able to start planting a rather inviting garden.

Doing my first 4th Step gave me insight into how I am part of the problem. I can no longer blame others for my resentments. Even though I am currently working the traditions with my sponsor, I am able to process new resentments as they pop-up and release them before they take hold on my psyche. Step 4 helped me to see that hiding from problems just kept me stuck. "The only way out is through". The light I found on the other side is beautiful, light and freeing. "Today I am going to use my inventory to help me find a better way of life" SESH, April 16



Two huge insights: 1) I let go of my resentment towards my ALO's family for not "warning" me about him - because I finally could see that they were just hopeful I'd be the one to save him where no one had been able to [I wasn't] and 2) I had done all of the things that I didn't like being done to me - this humbled me and leveled the playing field. These were life-changing gifts for me.



The only way out is through

We want to hear from you!

Next Month's Question:

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

[CLICK HERE](#) *****

to submit your answer!

4th Step Workshop Takebacks

It's with gratitude and a huge round of thanks to everyone who made the fourth step workshop the enormous success it was. I invite everyone to experience the opportunities available in our [Fourth Step Workbook](#). It is a valuable resource for all of us to gently and actively, at our own pace, participate in our own recovery.

I find the worksheets invaluable to seeking, seeing and understanding my participation for a resentment, the pay offs for my behavior, including the rewards and consequences. While I am working through this guided process, I recognize my responsibilities in my resentments. The workshop opened new insights so I can take an active roll in the next steps towards forgiveness and amendment of the harms I have caused, so I can experience greater freedom. Thank you for being part of my recovery.

During the workshop I discovered that in the midst of the chaos I had chosen to disregard my own values and morals. The majority of my resentments boil down to my own choices. If I am the problem, then I can be part of the solution. I can choose myself and hope others will respect me. I can be the example of how I want to be treated. I am learning to take back my life one "step" at a time.



Face and be rid of it...stuff it and it gets bigger!!
Searching fearlessly is not judging, it's digging deep without fear.

Moral inventory, being honest with ourselves and others.

A resentment, something that bothers you, makes you upset, hurts you. It's an uncomfortable situation. You will think in ways you never thought of before.

Cleaning up your past.

Setting right your wrongs.

Not judging, just looking at it.

Willingness without action is not willingness.



I enjoyed the 4th step workbook workshop. It gave me experience with most of the different inventories contained in the book. When I was taken through the steps, the AA big book was used. Using the Nar-Anon workbook will give me options working with my sponsees. One of the spiritual awakenings I had was that it didn't matter what kind of inventory I did, many of the same character defects kept coming up. They will all give me the same information about myself. One of the presenters made a point about making a list of our morals and values.

Making that list somehow opened a deeper sense of myself.



Spiritual awakening: there is still a TON of work I GET to do.

As I continue to work this program and do all of things I have been taught to do, my faith in my loving Higher Power and my faith in this program and that IT WORKS IF YOU LIVE IT strengthens. I am so blessed to be a part of the Rocky Mountain Region of Nar-Anon Family Groups. The recovery offered here is without parallel.

If I am disturbed, it is because I am disturbable. If I am disturbed, it is my greater hope that it drives me to more inventory.



It works if you work it. Those words shared at the end of our meetings have opened a new focus on my recovery. Working through steps 1, 2 & 3 enlightened me of my giving up proceedings to growing up. The principal of Step Four is courage. Courage is needed to peel back the layers of the onion. The Step Four Workbook has added such a depth to the program. All who dwell here will be strengthened to be better. While dealing with active addiction, it is very hard. It has lead mostly to exhaustion. The Fourth Step Workbook is an opportunity to get our lives back to peace and serenity. I am reminded of Awareness, Acceptance, and Action.

Attending the workshop for Step Four has definitely improved my life. Through working the Inventories of the book, I feel like I received a brand new tool box, shiny and new. The inventories included Fear, Fourth Step inventories for Step Meetings, Freestyle Inventory, Personal Safety Questions, Quick Inventories, Relationship Inventories, and the Resentment Chart. Through the workshop it was safe, comforting, revealing and very good over all. My first, second and third time around, I skimmed over the uncomfortableness of revealing these shortcomings. Now I am able through the guidance of this workbook, and my sponsor, to describe the lingering things affecting my daily life. Thank you for this program.

4th Step Workshop Takebacks (cont'd)

I was able to attend all six of the 4th Step Workbook Workshop sessions and found the experience profound. Some highlights:

* Using the Relationship Inventories, I considered what my ideal relationships look like, and was encouraged to ask for help from my Higher Power to become the ideal I seek. This gave me some major insights into some of the ways I'm falling short in the ways I show up in relationships. I also realized I can dream big and feel hope about my relationships.

* I learned how to use the 4th Step Inventory for Step Meetings as a tracking tool for how my character assets and defects show up daily. This was eye opening! Looking back over the 5 week span of the Workshop sessions, I could see that my defects that showed up most frequently were 'suspicious' and 'apprehensive of future.' My assets that showed up the most were 'loving in attitude' and 'having a sense of humour.' I can already see how I can leverage those two assets when those two defects crop up. I continue to use this particular inventory daily, and it will be interesting to see how things change over time.

* I must admit, I was a bit afraid to get into the Fear Inventory. I have a lot of fears, and I felt like this could be never-ending! However, I don't have to tackle everything at once - progress, not perfection. I did a fear inventory this week for a situation that came up and was able to see clearly that the fear wasn't stemming from what I thought it was at all. It helped me to get to know myself better.

The Fourth Step really is about peeling the onion. I recently finished my resentment inventory charts and it was so great to hear more about how to get the most out of those as well as the other types of inventories that allow me to get deeper into certain areas. I am truly grateful for the safe container that was created in this workshop, the immense generosity of the facilitators in sharing their time and ESH, and all of the participants for being so open minded, willing, and vulnerable. And of course to my Higher Power who made sure I was right where I needed to be.

Outreach

Help Us Grow Hope

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

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

This year, our committee is focused on three phases of service:

- Laying the groundwork: building relationships with groups and members across the region.
- Activating Outreach: distributing literature, building partnerships with professionals and institutions, and representing Nar-Anon at public events.
- Sustaining growth: evaluating impact, expanding to underserved areas, and continuing to guide members in best practices for effective outreach.

We welcome participation from anyone who feels called to serve (no matter where you live) —whether you're ready to help staff a table at an event, reach out to local professionals, or simply contribute ideas and feedback. Even small acts of service help our program grow.

To review our full outreach strategy and learn more about how to get involved, [click here!](#)

For questions please email: outreach@naranonrm.org

In loving service,

Niko

Outreach Chair, Rocky Mountain Region

Meeting Birthday Shout-Out

Aug 2, 2021 Miracles on Mondays, 4 Years Old

Heard in an RMR Meeting Room

Name it to tame it

I just need to BE

Trust is the foundation that is intertwined through the steps

Observe it, don't absorb it

There is a difference between getting your hopes up and having hope

I am not a human doing I am a human BEING

I want to tell you how to "get right" so I can feel right

Stop looking for the people who hurt you to heal you



Did you know there is a page of Nar-Anon stories on our RMR website?

<https://naranonrmr.org/nar-anon-stories/>

**Next month's Topic:
Reaching out!**

We want to hear from you!

We are not alone, but sometimes we are too afraid to reach out.

How did you muster the courage in your times of need to reach out and what happened when you did?



A Member Shares

Ode to my Character Defects

An ode is a type of lyrical poetry that addresses (usually via praise) a person, place, thing, or event. Well, I'm no poet, but I did put these thoughts together about some of my character defects as I work through my Step 4 which reads: "Made a searching and fearless moral inventory of ourselves".

When I first came to Nar-Anon and heard the term "character defects," I took great offense. Truth be known, these "defects" or "defenses" as I preferred to call them, were the secret sauce of my survival. My family members call me "Kelly" and these defenses arose around protecting little Kelly. My little subconscious-self reacted, in order to keep me from destruction. Well OK, maybe not "destruction" but from difficult, confusing or unpleasant emotions or experiences, but to little Kelly, these felt like destruction.

Implosion. Collapse. Overwhelm.

When my parents separated when I was six, the same year my maternal grandfather died and I started kindergarten, life started living and defenses kept me from emotional harm. Defenses have saved me through ALL of the developmental stages of my life. Dozens of defense mechanisms have been identified by those who work on such things. I wrote some of them down to include in my poem. Denial, repression, avoidance, displacement, rationalization, projection, intellectualization, repression, procrastination, depression, isolating.

A lot of big fancy words about coping with feelings of betrayal or abandonment, feeling unloved, feeling physically endangered, protecting my ego and my sense of developing self, my fears, confusion and doubts about what I saw around me, restoring a sense of security for myself in an often thankless adult world that pays little attention to what little kids need to feel emotionally nurtured, helping me to deal with what the f**k was going on in my world.

Listen, my parents did the best they could with what they knew and I do not blame them. But let's face it, my emotional sobriety was not high on anyone's to do list with concerns about food insecurity, stable housing and the mortgage payments, reliable transportation, education, systemic racism and keeping shoes on all our feet all looming and threatening every day.

Because of their survival value it can be misguided to call these defenses "wrong" or "bad" and so I do not. At the same time, they tend to block my awareness of my true underlying experiences, create tension in my body, and make it harder for me to be truly intimate and vulnerable with others

Defense mechanisms used blindly and without forethought are not mature patterns or helpful and have morphed into my character defects. They are the fancy and folly of my step 4 work: work that enables me to see the defenses in their true light as... defects.

Prolonged, repeated use of these defenses has led to lingering problems that weaken me from within and destabilize my relationships. In fact, they may prevent me from ever facing emotional issues or anxieties because they block me from seeing the root cause. I realize this now. Moreover, I have used my shortcomings in the past to give myself mental permission to suffer silently or suffer loudly, taking my distress out on others. I want to stop doing this.

SESH p 94, April 3rd "Step Four"

SESH p 303 October 29 "Growing up"

The more I resisted taking a look at these character defects, the more I stayed miserable by my own doing. The survival strategies that took root in childhood often operate beneath the surface, silently shaping the paths we choose and the outcomes we create - sometimes in self-defeating ways. My flaws continue to pop up and I've wanted to bail out sometimes. Going the distance, though, is a must when trying to take care of myself here, which makes dealing with them a marathon more than a sprint.

They will continue to keep coming back, these defects, impacting my feelings, decisions and behaviors, until I do something to address them. Something like what? Enter Nar-Anon's program of self-reflection, self-discovery and self-improvement. Well, what the hell does any of this have to do with my addict anyway? It has EVERYTHING to do with ME and how I move in the world, the least of which is how I interact with my addict.

ODE TO my CHARACTER DEFECTS

Wretched Denial, you sought to deceive me, using
my own voice, a devilish trick

Oh Avoidance, Where is thy sting? I turn on my
"smart" whose over-focus on intellectualizing keeps
pain at bay

Distraction has me playing my 120th round of
solitaire...today. How will I get anything important
done? Exactly Buried resentments, buried alive long
ago, struggling beneath my surface for
attention. Opening my eyes to what has been
repressed, suppressed Humor, yes even you, I must
wrestle you to the ground to make space for my
own spiritual growth.

This work is deep but talk is not cheap.

You ones will not hold me back

Bloom rather than doom and gloom, favored
Defects

Once I see you, I will know you, I can learn you,
Alas, poor Defects, I will know you well

I will defeat you and turn you into strength, into true
healing



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Megan J., AR

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

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

Topic: Cruisin Solo But Not Alone

Thur. 09/11/25 @ 4:30p PT | 5:30p MT | 7:30p ET
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Topic: Recovery at Sea With My Addict & My Nar-Anon Family



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Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Step 8: Do I Owe My Cat an Amends?

My old man orange kitty cat, Michael Jordan, is LOUD. My neighbor asked, "Do you have a cat who cries a lot?" because she can hear him through the walls. A friend I hadn't called in a long time thought I'd become a parent. In my 4th step I would joke, "I have a resentment against my cat."

Why do I resent him? Because I like to sleep. Because I do not like being woken up to herald the dawn with him when my alarm clock still has forty minutes to go. Sometimes, and especially pre-coffee, I will yell, "Michael Jordan! Shut the **** up! Shut up!!" I have thrown things at him, mostly pens and pencils, definitely a chocolate bar one time. It's not that I intend to hit him, but to scare him into shutting the **** up so I can go back to sleep. I do not like his behavior or my behavior. Running this through the Steps provides clarity.

Step One: I am powerless over my cat, and my life has become unmanageable. Yes, I have surrendered my serenity to a cat.

Two: I have come to believe a power greater than me can restore me to sanity. Check. Raging against my cat is insane and I believe HP can help me here.

Three: Made a decision to turn our will and our lives over to the care of a Higher Power as we understood Her. My concept of a loving Higher Power is one that also has care and concern for very loud orange cats. Both our wills and lives can be turned over to HP.

Four: Made a searching and fearless moral inventory, of my anger, my impatience, my desire for control and lack of self-control, my expectations, my violence and intimidation.

Five: Admitted to God, to ourselves, and to another human being (this newsletter) the exact nature of our wrongs.

Six: Were entirely ready to have God remove all these defects of character. I don't want to be like this.

Seven: Humbly asked Them to remove our shortcomings.

Higher Power,
I love my cat. It's pretty amazing I get to live with such a sweet, gentle creature so closely related to tigers, and I want to appreciate and care for him during our time together. I do not like my behavior toward him. Please help me replace my impatience with patient understanding. Please replace my rage and violent intimidation with acceptance, peace, and laughing at my own insanity. Please allow me to see this as a grace to address these character defects, because they show up in my relationships with human beings, too. Please help me be the person you would have me be to all creatures.

Finally, the text of the 8th step reads: Made a list of all persons we had harmed and became willing to make amends to them all. Is my cat "a person"? "Person" has nine definitions according to the 1909 Merriam Webster's New International Dictionary (easier to search online than the 1934 edition Bill W. had),. The short entry for #2 is, "A rational being." Rational in this same dictionary means, "Having reason or understanding." He may not be the most reasonable or understanding, but an inclusive personhood includes my boy. I have harmed him by scaring him, intimidating him with violence, and risking his safety by throwing things at him.

See you in Step Nine, Michael.

Do you have experience, strength and hope to share on Step 9, Tradition 9 or Concept 9?

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

Tradition 8: Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Simply put, Tradition Eight says we should never become professional Twelve Steppers. There is no such thing as a Nar-Anon professional, and there never should be.

We members don't get to recover, and then capitalize on it. We don't make money off of teaching other people the Twelve Steps. Our program is entirely free. There are no fees. It is specially passed hand to hand, soul to soul, sponsor to sponsee in a way that can never be bought or sold. It's a relationship, it's an experience, not a commodity.

In honor of anonymity (Tradition Twelve), our recovery likewise should never be part of a soap box. There are no Nar-Anon celebrities. There are no Oscars or Golden Globes for your recovery work. We do not take our recoveries into the public spotlight. The work we do is usually quiet and behind the scenes. No individual should or could be the voice or face of Nar-Anon.

No one is in an authority on spiritual awakening. No single person has "professional" spiritual status: we are all people whose lives have been deeply and profoundly affected by addiction. Every member is equal, and our highest status is member. We are all volunteers who give freely monetarily and of our time, service, and talents.

But while we members (who might or might not be professionals in our private, outside lives) can do many things in our fellowship, there are times we may need or want outside counsel, help, etc. In cases such as this, we draw from our Seventh Tradition funds and hire experts, employees, etc. (special workers).

For instance, the Rocky Mountain Region hired an attorney for legal advice when we set up our 501(c)(3) nonprofit status. On the World level, we pay a Director at the World Service Office, and one to two staff members. Some fellowships have hired professional editors for their CAL (Conference Approved Literature), and others have had members with writing and editing skills step in as volunteers.

We're allowed and encouraged to use our group funds to hire outside expertise when needed, but we don't and we won't ever pay people to find us members. We don't recruit and we don't promote Naranon. Other people might promote us—family therapists, drug court judges, treatment center staff, school counselors, etc. (we hope they will), but in honor of anonymity (and humility), we do not become spokespeople for Nar-Anon ourselves.

When we apply this tradition to our homes, families, workplaces, etc., we are quickly reminded that no individual is or needs be the expert, and that we as families, (places of employment, etc.) may also need outside help. When we agree that a task or issue is more than we can handle well ourselves, one person or another can go ahead and hire the appropriate professional, [for example, the plumber, the tutor, the right kind of doctor, the electrician, etc.]

To contribute monetarily to the Rocky Mountain Region

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Do you have experience, strength and hope to share on Step 9, Tradition 9 or Concept 9?

Please send it to us at

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

Concept 8: Regular, two-way communications are essential to the fulfillment of all these concepts and the integrity and effectiveness of our services themselves.

The Eighth Concept binds the service structure together. Our success and future as a fellowship depends on the effectiveness of our communication. The practice of regular two-way communication requires commitment, dedication, humility, and a willingness to participate fully in our service structure. It asks us to be responsible by working together to fulfill the vision of Nar-Anon.

The two directives in this concept are regular and two-way. Regular refers to an interval and two-way reminds us we are all responsible for keeping the members of Nar-Anon informed of what is happening in our fellowship. In the simplest terms, it asks us talk to each other, often.

Who communications with whom? Members to group. Group to group, area, region, World Service Office (WSO). Region to areas, groups, members, WSO, World Service Board (WSB), and World Service Committees. Region to region. Areas to groups and region. RSC Committee to region, other RSC Committees, groups, and members. This list could go on and on.

When would a group communicate directly with WSO? When the group makes a change to their meeting time, location, format, email, elects a new Group Service Representative (GSR), changes the group contact person, or the group closes. It is easy to make these changes by visiting <https://www.nar-anon.org/edit-group>. Groups in the Rocky Mountain Region would also inform the region of these same changes by emailing technology@naranonrm.org and secretary@naranonrm.org.

Why is regular communication essential? It allows us to stay connected, informed, and carry the message to others.

What is an effective way to communicate with Nar-Anon's Service Structure? Communicating with elected Trusted Servants through service-based emails such as chair@naranonrm.org allows all members to reach out to our leaders. Using personal emails instead requires members to know each other and hinders the communication when rotation of service is practiced. Service-based emails also allow the next person to be informed of past conversations, commitments, and plans the previous Trusted Servant had or made.

Sharing information in what is commonly referred to as a "Pass It On document" from one committee or Trusted Servant to the next supports the rotation of service and prepares the next group of people to succeed. Can you imagine starting over every time we elect a new Trusted Servant?

Using a document sharing platform for a region, area, or group ensures important information is transferred to incoming members. It provides an archive of the past conversations and decisions.

What forms of communication does Nar-Anon use? The more ways we communicate the more effective we will be. Here are a few of the ways the Nar-Anon Service Structure communicates with the Fellowship: Regional Service Committee Meetings (RSC), Area Service Committee Meetings (ASC), group announcements, newsletter articles in the Serenity Connection and the Rocky Mountain Region Newsletter, flyers, emails, websites, Nar-Anon Instagram, text messages, phone calls, WhatsApp groups, RMR Concept Eight Folder, and Region polls. Can you think of other ways to communicate?

In every moment we are shown what to do and what not to do. Take a moment to consider what could happen if we stopped communicating or the communication was insufficient or unclear. Are we willing to take this risk?

Western Regions Nar-Anon Family Groups Presents
"SEEDS OF GROWTH"

A COMMON WELFARE TOPIC
DISCUSSION ON GROWTH
DATE: AUGUST 9TH 2025
TIME: 8:00 AM -11:00 AM PT

- Opening (8:00 am PT)
- Growth at the Group and Regional Level
- The Three A's
 - Awareness
 - Acceptance
 - Action
- Discussion and Summary
- Closing (11:00 am PT)

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Zoom Meeting ID: 873 3966 3937

Password (case sensitive): wrcnfg : *Phone in Password: 850893*

[Click here for more info](#) and/or email us at WRCNFG@gmail.com

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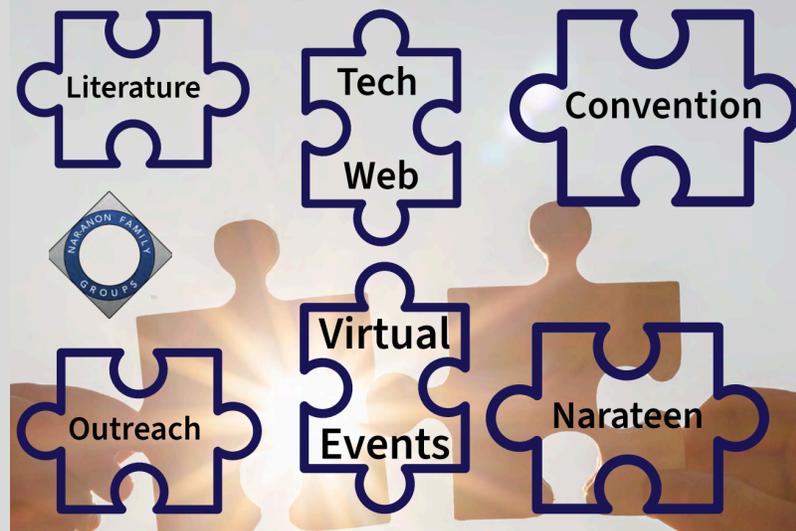
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The Three C's of Committees

Communication - Collaboration - Community



We recover together



A roundtable on strengthening committees to support the fellowship

Hosted by Western Regions Nar-Anon Family Groups

October 25th at 8:00am PT

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



Connection is the opposite of addiction.

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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.

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