



Rocky Mountain Recovery

March 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



“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.

*Sincerely,
The RMR Newsletter Committee*

In this newsletter you can find:

Events & Announcements	Resources	A Member Shares	Step, Tradition & Concept of the Month
Heard in an RMR Room	Experience, Strength, & Hope	Service Opportunities	RMR Committees

Are there any Nar-Anon related announcements?

The Rocky Mountain Region Delegate has asked for your voice to be heard on this year's common welfare topics of **fellowship growth, healthy meetings, and growth in service.**



Click **FEEDBACK FORM**

You may share feedback about what is going well, what you feel your group or yourself could use some support with, or a new idea of how the Nar-Anon fellowship can innovate to carry the message to the family member that is still suffering and support them when they arrive.

There is also an opportunity to share feedback on one piece of conference approved literature, "Nar-Anon House Party Service Workshop" [that can be viewed here.](#)

Questions? delegate@naranonrm.org

Heard in an RMR Meeting Room

Sometimes I just have to turn myself into a pretzel to put my feet in my mouth so I don't say anything

I can't work on a relationship if I can't work on me

Too proud for my own good, too stubborn to realize that was happening

If I have my eyes shut tight, I can't see my Higher Power's work

I'm not in service, I'm in fellowship

I want to see what it looks like when I pour life fully into myself. I want to see what God does with me then.

Courage is fear that says it's prayers

My thoughts: I can either play a horror story, a comedy or a drama- its up to me

Decision paralysis happens because I'm attached to the outcome. If I let go of the outcome it's just a decision with lots of potential outcomes that are none of my business. That's God's business.

Meeting Birthday Shout-Out

Mar 16, 2020 It Starts With Us
6 Years



ISWU's Birthday Celebration will be
Saturday, March 21 4pm-???
Join us!

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

“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.”



One beautiful part of recovery is making the program our own. The following are personal Third Step Prayers from our members.

STREP THREE: "MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM"

Higher Power, I have tried to control the uncontrollable for far too long, I acknowledge that my life is unmanageable, I ask for your care and guidance. Grant me honesty, courage, humility, and serenity, to face that which keeps me from You and others. I give this life to You to do with as You will.



Lord, lead me according to Your will. Teach me patience and grant me guidance and grace. Not my will, but Yours be done!

Higher Power, I will put myself in places where I can see you, hear you, and feel you. I will show up ready to hear your guidance and do your will. Please lovingly move me out of my own way and grant me the clarity to experience freedom in the simplicity of accepting your will for me and living my life in your care.



God, let every word I utter come from You, let every action I take align with Your will.

Higher Power, guide my thoughts, heal my heart and release my hold as I open myself to You.



SOME OF US HAVE A PLACE OF SIGNIFICANCE FOR OUR THIRD STEP PRACTICE - HERE'S SOME PHOTOS SENT IN



Share your
EXPERIENCE, STRENGTH & HOPE



We want to hear from you!

Next Month's Question:

Humor - what role does it play in your recovery?

Click the image to the left to submit your answer!



Sharing Experience Strength and Hope (cont'd)

My sponsor asked me to say the third step prayer from the Big Book of Alcoholics Anonymous every day.

“God, I offer myself to Thee-to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always.”

I initially bristled at this request because I found all the “Thee’s” and “Thou’s” objectionable. I wanted a prayer with more up to date language. I shared this with her and she suggested that I overlook the language and try to understand the intent of the prayer. Because I wanted what she had, I was willing to try what she suggested. I memorized the prayer and started saying it daily as requested. Now, almost 18 months later, this prayer has become a daily staple in my recovery.

It helps me remember to offer myself to God every day, to surrender. I open my hand and give my life over to my HP. I trust that my HP will guide and lead me. It helps me remember that I’ve been held back by my character defects and choices (bondage to self), but I want to learn a better way to live. It also helps me remember that when I recover and begin to see some victories in my life, this can be used to help others. I am reminded of the power and love of my HP daily as I recite this prayer.

I’m grateful I followed through with my sponsor’s suggestion and this third step prayer has become a part of my heart.

My daily Third Step practice is a prayer practice based on my God Jar and my Slogan Stick Jar. Each morning, there they are on my nightstand to greet me and then close my day each night. My God Jar is clear so I can see the people and problems I’ve released to my Higher Power. This reminds me they are not mine anymore and I thank my HP out of peaceful gratitude each morning and evening, plus anytime I’m tempted to crawl back into bed and hide from anything I NEED to surrender, but haven’t!

My Slogan Stick Jar is full of slogans and quotes from various CAL and meetings. Each morning, I ask my Higher Power what I need for today and pull a stick from the back side of the jar. I read it, memorize it if it’s new to me, and leave it laying out so I see it throughout the day. Then in the evening, I put it in the front side of the jar and thank my Higher Power for the words of wisdom.



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EXPERIENCE, STRENGTH & HOPE



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The Four Prayers of the 12 Steps

Did you know that half of the 12 Steps mention a Higher Power? Four of those six steps refer to our communication with a Higher Power. In Step 3, we decide to turn our will and our lives over to the care of our Higher Power. In Step 5, we tell our Higher Power and another human being what we've done wrong – everything we've done wrong. In Step 7, we ask our Higher Power – with humility – to remove our shortcomings, or defects of character. Essentially, we recognize how our way of being and acting distances us from others, and we ask God to change us in a way that will allow us to more easily connect with others. In Step 11, we circle back to our Higher Power's will for us and for our lives. We surrendered to that in Step 3, and now we pray for knowledge of what our Higher Power's will for us is. We also pray for the power to carry out our Higher Power's will.

Here is a prayer that captures all four of those 12 Step prayers, in one:

*To Your will, I fully submit
All my wrongdoings, I fearlessly admit [pause to list those]
Remove my shortcomings, I humbly pray
Reveal Your will, and empower me to live it today*

Do the negative connotations of “wrongdoings” and “shortcomings” make this prayer (and perhaps Steps 4-7, generally) uncomfortable? Recognizing our own role in our relationships with our addicted loved ones, and how we've contributed to the unmanageability of our lives, is a crucial element of the steps and accessing the serenity that working the steps offers. But shame shouldn't block our recovery, and for some of us the exact language in the 12 Steps may be triggering. Ask your Higher Power to give you the language you need to unlock recovery. Or, you can ask your Higher Power to help you embrace the 12 Steps as written. Or both! Here is a suggested alternate version:

*To Your will, I fully submit
The pain I've caused, I fearlessly admit [pause to list those]
Remove what separates me from others, I humbly pray
Reveal Your will, and empower me to live it today*



Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

I really wanted my son to find recovery. I really wanted him to live. My biggest fear was that I would lose him to addiction. I prayed hard for him. I made requests for others to pray for him. I was asking for a miracle. I panicked and suffered through every frightening episode of his sprees and relapses. I came to Nar-Anon and began working the Steps with a sponsor.

Step 3 says, "Made a decision to turn our will and our lives over to the care of God as we understood Him."

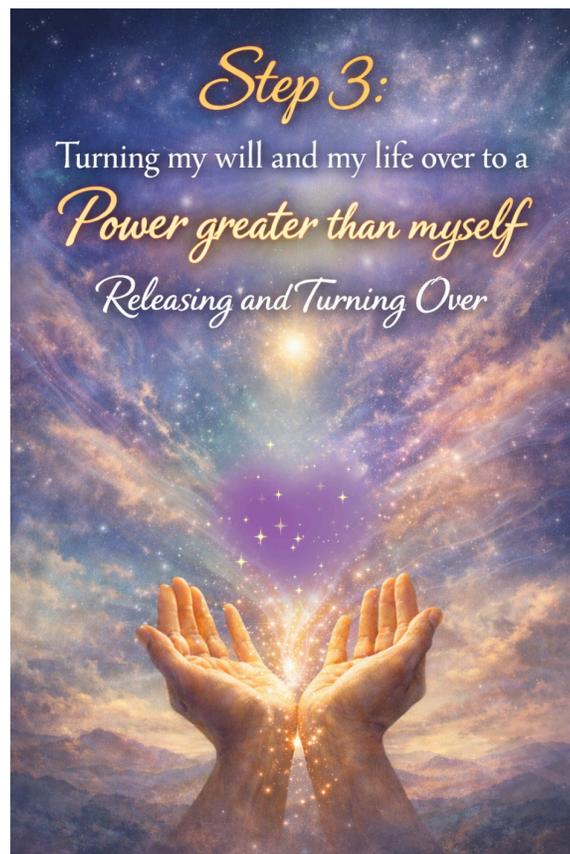
I knew who my Higher Power was. I wanted to trust my Higher Power. But I was having a hard time trusting my Higher Power to do what I was asking him to do. Specifically, to make my son stop doing drugs. Why was God allowing this to happen? I believe God can do anything. Why wasn't God giving me what I needed? I began to trust that maybe God knew more about what I needed than I did.

When I began working Step 3, I struggled with the idea of God's will, self-will and free-will. I was so heartbroken watching my son hurt himself in addiction. I began to consider that it was possible that God was just as heartbroken. I was blaming God for what my son doing. It wasn't God's fault. But God would help me through the pain and suffering even if my son was using drugs. I just had to trust him to help me. I began to let go and surrender. I wanted to have faith that whatever happened, God would help me.

It was obvious that I was not in control. In Step 3, I stopped struggling for control. I must decide in faith that God's got it and let go. It isn't faith when my expectations are met. Faith is rooted in the belief that even if I don't get what I want, God is doing more for me than I could do for myself. My Higher Power will use the things that I don't expect for my good and His greater purpose. Faith is believing in what I can't see. I may never know why, but I trust anyway.

Having been in recovery for over five years, I lost my son to addiction. It was my greatest fear. I was able to be by his side as he passed. I am so grateful that I had the ability to surrender him to God. I am so grateful for my recovery. Surrendering everything to God is what is helping me move through this difficult time. I'm turning over my grief and my story to God. I can already see that God is helping me through this so that I can help others too. I can see how my faith is being strengthened through this time. Today, I have made the decision to trust God with my will and my life.

I believe God will help me, even if.



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.

This Tradition is about simplicity and protection.

First, it tells us who we are: relatives and friends of addicts who come together for mutual aid. We don't have to prove how much we've suffered. We don't have to have the "right" story. If someone's addiction has affected us and we're seeking recovery, we belong. That kind of open door can be life-changing.

Second, it reminds us that as a group, we have no other affiliation. That doesn't mean members can't belong to other programs, churches, or community groups. It just means Nar-Anon itself stays separate. We don't endorse outside causes, align with treatment centers, or attach ourselves to political or religious movements. That keeps our focus clear: recovery from the effects of someone else's addiction.

This Tradition protects the safety of the room. When we walk into a meeting, we know we're not walking into a sales pitch, a debate, or a recruitment event. We're walking into a space for healing. That neutrality allows people from all backgrounds and beliefs to sit side by side and find common ground.

The Third Tradition also teaches humility. We don't need to be everything to everyone. We don't need to fix the addict, fix the world, or fix each other. We simply gather for mutual aid. That's enough.

In a world that often feels divided and complicated, the Third Tradition brings us back to basics: keep it simple, keep it focused, and keep the door open.



Nar-Anon 36 - Traditions 1-6 "Now Available"

Nar-Anon's Twelve Traditions are a set of spiritual principles to guide us in our relationships with others at home, at work, at meetings, and in service. The traditions are the spiritual principles we use to keep our meetings healthy. B-206G | 25-05-12

TRADITIONS LITERATURE

Linked Here



Our Traditions - Principles for Groups and Beyond - NEW

B-219 ~ 21-09-05 Also available as an eBook on iBooks, Kindle, and Nook* *In following Tradition 6, we do not affiliate with or endorse these platforms. They are tools for providing members with eBooks of our literature

Concept 3: The Nar-Anon Family Groups delegate to the service structure the authority necessary to fulfill the responsibilities assigned to it.

Concept Three follows logically behind Concept One and Concept Two. Concept One creates a structure to develop, coordinate and maintain services on behalf of Nar-Anon as a whole. Concept Two says the final responsibility and authority for any Nar-Anon services rests with the Nar-Anon Family Groups, who by Tradition Two are guided by a loving Higher Power.

Concept Three puts the first two concepts into motion. Our family groups delegate responsibility and authority to the service structure.

When the service structure has the authority necessary, things are able to get accomplished. Decisions made about the services provided by Nar-Anon, such as a newsletter, a phone line, outreach, handling monies contributed, setting up Narateen services, literature development, and so on, can be made by the committee or trusted servants assigned to those tasks. This frees up the Family Groups to be able to focus on our primary purpose: to help family members of addicts. The Family Group can hold meetings, be there for the newcomers, work the steps and recover while they rest confidently knowing the service structure is handling the business of Nar-Anon.

To delegate means to entrust another person or committee to complete a task or responsibility. They are a representative and any action taken must coincide with Tradition One, which is unity. With members stepping up to serve in the capacities of trusted servants, we also are supporting Tradition Seven: being fully self-supporting and Tradition Eight, remaining non-professional. To be effective, the members of the service structure must be assured of the autonomy and authority they were given. When others micromanage and “check-in” too often, it can send the message that they are not trusted and do not have authority. This can be seen in the workplace and in homes as well. If a member is tasked with a responsibility, allow the work to happen and wait for the report back about progress, accomplishments and how they can be supported to complete any tasks.

Concept Three is really tied to so many of the traditions and concepts in Nar-Anon. It is also for use in real life so we can practice these principles in all our affairs.




Happy 6th Birthday ISWU

Join us to celebrate six years of our nightly meeting!

Saturday March 21
5pm MT-???

[naranonrm.org/iswu](https://www.naranonrm.org/iswu)

RMR Virtual Meeting Room
Click here to enter



Uncover Discover Recover

Using the Nar-Anon 4th Step Workbook

MAY 2
11a PDT | 12p MDT | 1p CDT | 2p EDT
Introduction
How to use the Workbook
Fear Inventory

MAY 3
11a PDT | 12p MDT | 1p CDT | 2p EDT
Credit and Debit Inventory
Personal Safety Questions

MAY 9
11a PDT | 12p MDT | 1p CDT | 2p EDT
Quick Inventories
Freestyle Inventory

MAY 16
11a PDT | 12p MDT | 1p CDT | 2p EDT
Relationship Inventories
Behavior, Change, & Characteristics

MAY 17
11a PDT | 12p MDT | 1p CDT | 2p EDT
Relationship Inventories – Patterns
Ideal, Attitude, Attraction to a Romantic Partner, and Sexuality and Gender Roles

MAY 31
11a PDT | 12p MDT | 1p CDT | 2p EDT
Resentment Inventory Chart



Interactive style workshop

Each session lasts 2 hours

Join for any or all

- Guided overview of each inventory
- Support as you work the inventory
- Q&A

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RMR Virtual Meeting Room
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Hosted by the Rocky Mountain Region

HIGHER POWER'S GUIDE TO SPONSORSHIP



SAVE THE DATE

SATURDAY, APRIL 18TH
10AM – 1PM MDT

IN THE RMR VIRTUAL MEETING ROOM

**A 2026 SPONSORSHIP HOUSE PARTY
HOSTED BY THE ROCKY MOUNTAIN REGION**

[WWW.NARANONRM.ORG](https://www.naranonrm.org) SPONSORSHIPCOMMITTEE@NARANONRM.ORG

Join us





Rocky Mountain Region NFG Meetings

(times are all MT)

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



Connection is the opposite of addiction.

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

Newsletter Submissions

Articles and art are welcome from all members of the Rocky Mountain Region Nar-Anon Family Groups. (You are a member of Nar-Anon if you say you are.) Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit to [**newsletter@naranonrm.org**](mailto:newsletter@naranonrm.org). Each submission must be accompanied by a signed release form before it can be published.

Share your journey with others. We are looking for writings, poems, art. Topic ideas are endless but might include relationships, Spiritual Principles, acceptance, trust, program tools and sponsorship.

NEED HELP?

CALL THE
HOPELINE

888-307-9890

www.naranonrmr.org

