



Rocky Mountain Recovery

April 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Helps
Us
Make
Our
Rough days lighter

*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	Meeting Birthdays

Are there any Nar-Anon related announcements?

April 16 @ 6pm MT in the clubhouse:
Convention Kick-off Event

April 18 @ 10 AM MT in the main room
- Sponsorship House Party

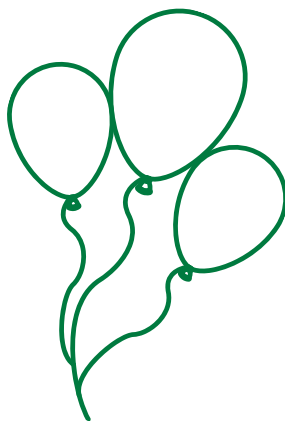
April 25 @ 10:30 MT in the main room
- Carry the Message with a Nar-Anon
and an NA speaker

May 2, 3, 9, 16, 17 & 31 @ 12 PM MT in
the main room - 4th Step Workbook
Workshop Series



Meeting Birthday Shout-Out

April 23, 2014
Boulder basics
12 Years



*Humor reminds us we're human;
recovery reminds us we're not
alone.*

Heard in an RMR Meeting Room

Humor lightens the heart just enough
to let Spirit in

My definition of healing is when we are
no longer using all of our energy to
manage the past.

You can't spell Spiritual without ritual

Stop setting yourself on fire to keep
someone else warm

Put the hurt down without feeling like
it didn't matter

True self-care is doing something that
will make tomorrow better

I have a ticket to the front row seat of
watching God work

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



Humor - what role does it play in your recovery?

Humor is everything in life and recovery. It's the quiet in the storms as I travel the valley of uncertainty knowing HP is with me always. Navigating through the challenges that feel too big and even the victories that remind me of the grace I can hold onto and offer willingly and selflessly. It's a lighter approach with love and connection. A moment of calm serenity. Humor comforts me, always reminding me that laughter is the breath to my soul and the winds that guide me forward.



I have been in grief because my ALO passed. I came to a meeting and a member said something funny and I laughed. And that felt really good after all the sadness that has been on my heart. It gives me hope that I can laugh.



For me, love, laughter, and humor are part of recovery. I used to take everything very seriously because I believed it was my job to fix and manage everyone around me. Today I can smile at that old thinking. Humor helps me stay humble and remember that recovery is about my growth, not controlling someone else's life.

I came to Nar-Anon because my loved one had a problem. Then I stayed because... apparently I had a few too.



A Nar-Anon member prayed "God, please help my loved one stop using... help them get a job... help them make better choices... help them call me back... help them get it together..."

Then they pause and said "Actually God... I'll just handle this. You deal with the weather or something."



3 Cs of waking up
Coffee
Cookies
Chair



We want to hear from you!

Next Month's Question:

How do you stay in the present living one day at a time?

Yesterday's history, tomorrow's a mystery, today is a gift.

Prayer to prayer/pillow to pillow

Future tripping/living in the past-what tools do you use?

"Anxiously hovering over a future that may or may not happen"

Click the image to the left to submit your answer!

Share your
EXPERIENCE, STRENGTH & HOPE





Sharing Experience Strength and Hope (cont'd)

You might be a Nar-Anon member if...

- You cosign for somebody's purchase
 - You moonlight as a detective
 - You're in charge of their calendar
 - Your name's not on the docket but you go to court
 - You work long after retirement
 - You don't know who you are without them
 - Your future tripping passport is full of stamps to nowhere
 - You want them to be clean so you can be happy
 - You say "Let go and let God" more than you say your own phone number
 - You've gone looking for a stolen car
 - You've had to kick people out of your house
 - You've replaced their phone 4 times in one year
 - You think about something for hours and then realize it wasn't a big deal
 - You act like the rules police
 - You are mysteriously right all the time
 - You find you over complicate the most simple things
 - You find yourself on a committee, a sub-committee and a sub-sub committee
 - Every time you feel your life is becoming unmanageable, you say "I need a meeting"
 - Control seems like the correct response to every situation
 - You actually believe you can change what others think, feel or do.
 - Your happiness is dependent on someone else's behavior
 - You PAUSE before you act
 - You have a God box
 - You listen to learn
 - You obsess about where they are, what they are doing and what they might do next
 - Your chosen family consists of people you have never met
 - Your self-worth is/was affected by other people's behavior
- You came for them, but you stay for you!!!***

Twelve Step Humor and the Realm of Paradox

If this Twelve Step stuff isn't one of the strangest things you have ever tried, perhaps you're missing out. One of our greatest joys is the way we get to laugh at ourselves and alongside each other as we recover.

On the surface, in Nar-Anon, we are asked to do something very simple: choose a home group, show up at meetings, find a sponsor, and work this simple set of steps. But once we tap beneath the surface, we find all kinds of things that make absolutely no sense at all; things that, in fact, seem completely contrary to any kind of common sense. Things like give up all your power to be empowered. Let go of our attachment to outcomes to find a better outcome. Stop doing for others what they can do for themselves (what do you mean? she's going to die!)

Our program is full of spiritual paradoxes. (Paradox: a statement that seems to contradict itself but may nonetheless be true.)

Accept it like you chose it. (Well, who chooses to be ravaged by the disease of addiction?! Who wants to lose the person they love, get cheated on, have their bank accounts drained, watch their loved ones keep going through irreparable harm?)

If you really want to win, surrender! (What do you mean I have to surrender? Can't you see all I have been doing is losing?) Yes, surrender—surrender all your control to find true freedom!

Don't make any big decisions that first year, but then meanwhile, a couple months in, you have to make the biggest decision you have ever made in your life. The one where you place all your power outside of yourself (which is really so deep Inside that it is beyond this thing you call self).

Believe in something you don't understand. In fact, don't only come to believe in it, but turn your will and your life over to it, to this thing you can't possibly understand, which—you are now going to call a God of your understanding!

Then, start being wrong to get rightsized. Dive into the mess to emerge with more serenity. Turn the magnifying glass only upon yourself. Get yourself a new pair of glasses: (come to find out your lenses were facing in the wrong direction)!

Find out that where we thought others had wronged us, we were landing our own selves in the midst of disaster. Come to discover, we were the ones harming ourselves.

Suspend logic to see the truth. If the definition of our previous life was insanity, we are now asked to do something even more insane! Let go of our rational minds to find a daily reprieve of spiritual fitness!

In our Fourth Step, things we thought were lies turn into truths, and things we thought were true (about how things went down) turn into lies before our very eyes.

We make amends to some of the people who we thought wronged us! And in order to do this, we use the help and guidance of someone else (a sponsor) who also harmed themselves and others!

We find places we didn't believe could be healed, and instead of being shamed, we are relieved of our burdens.

Act in common welfare toward your enemies. (Who wants to do that?)

If you want to keep it, you have to give it away.

You will never truly get credit or gain status for anything you are going to do ever again (Tradition Twelve: Anonymity).

Reach out candidly when you feel distress—which will feel completely awkward, and will perhaps feel like the neediest time you have ever been asked to reach out—and yet, this is our path to recovery!

Talk with people about our own shipwrecks. Tell them some of the worst, most futile and most embarrassing things we have ever done when we have been confronted with addiction. Where else do you get told—be willing to look bad in order to be helpful?

Like it or not, in Nar-Anon, you have entered a realm of humor and contrarian thinking. A realm where you give up everything you thought you knew in order to get something unshakeable that can never be taken away. We embark upon a path of riddles to attain spiritual fitness. Ironically, it's only by doing things that seem to make no sense that we actually find ourselves living lives of sanity and serenity!

If we are lucky, we find recovery to be both the simplest and hardest thing we have ever done. Stick around if you love a great mystery—because, like it or not, you have entered the Realm of the Great Mystery!

Come laugh with us, and let's continue to share the irony, the protests and the miracles together.

You are not alone! May we trudge this Road of Happy Destiny together!



Step 4: Made a searching and fearless moral inventory of ourselves.

My Gift of Step 4

For the very first time, I managed (and by managed, I mean I had reached a point of desperation, brokenness, and illness) to put all the focus on myself. With the gentle guidance of my Higher Power, my sponsor, and my Nar-anon-family, I received the incredible gift of digging deeply into my emotional wiring. This wiring was shaped long before I was old enough to reason or view life through the eyes of someone with real experience, or any maturity—emotional, mental, or spiritual. The gift was Step 4.

As I grew up, I drew from my childhood experiences and used specific negative situations to shape my defenses. I came to believe I needed to bargain for love and acceptance. Pleasing others became my habit; I always had to be right, and if I felt scared or threatened or disagreed with someone's choices, I convinced myself I was superior. I judged people on their choices and views; political, religious, relationships, food, clothing, lifestyle, parenting, or even driving choices. Any decision that wasn't mine, I shut down, deciding my way was the only way.

I was acting as if I were God. Everything revolved around me. Anyone who wronged me was carefully remembered. The lessons I learned as a child grew stronger, and I carried that weight, getting sicker, more exhausted, more bitter. Bitter - that word sticks with me, because it reminds me of resentments. It reminds me how holding onto a resentment is like swallowing poison and hoping the other person suffers.

I could write an entire book about what I've discovered, but instead I'll say this: when I went to my first meeting, I couldn't see a single one of my character flaws. I was completely blinded by denial and convinced my anger was justified. I lived in fear of losing my husband, but what I didn't realize was that fear had always been there. It was present from the time I was a vulnerable child, and now I was a terrified adult woman who had become so skilled at hiding my flaws that they were invisible. People kept telling me how strong I was, and sometimes all I wanted was to throw myself on the floor and surrender, screaming that I didn't want to be strong, I just wanted life to be gentler. (That was my stubborn self-will, see Step 3 for more details).

The truth is, beneath all that anger, power, control, aggression, responsibility, and "in charge" attitude, there was still a small child, curled up in a dark corner, longing for love and safety, longing for peace and serenity, and the hope that everything would turn out okay. I didn't even know she was there, never mind having a game plan to rescue her. Cue Nar-Anon!!

I assure you, this program helped me find that child and love her more than she ever dreamed possible. I hope we all get the chance to discover our inner children and teach them a new way, showing them how mistaken their beliefs were. This program has the power to heal relationships, and I learned that the most neglected relationship in my life was the one with myself. I am eternally grateful for that knowledge and the gift of Nar-Anon. Keep coming back. It works if you work it, and you're worth it!



4th Step Workbook - A collection of Inventories

This set of books offer several different approaches to working Step Four, allowing us to find tools that fit our current circumstances. Fourth Step Inventory tear-out companion charts included.

4TH STEP LITERATURE

[Linked Here](#)

Want to dig deeper into Step 4?
Uncover, Discover, Recover -
Using the 4th Step Workbook
Join us in May 2026



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
Four Inventory

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

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

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

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

MAY 31
11a PDT | 12p MDT | 1p CDT | 2p EDT
Reunited 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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Tradition 4: Each group should be autonomous except in matters affecting other Nar-Anon Family Groups, or NA as a whole.

I have been a member of my Nar-Anon home group for almost two years now. In that time, I have attended regular group conscience meetings where members collectively make decisions about the way the group is run.

Last year we decided to start reading Nar-Anon's Twelve Concepts of Service as part of our meeting format. A member put forward the idea, we discussed it, and the group arrived at a decision. Our group did not need to consult the region or the Nar-Anon World Service Office. We were able to change our meeting format because we deemed this would not affect other Nar-Anon family groups or NA as a whole. We made an autonomous decision as a group based on what worked for us.

Let's say that instead of the change we actually made, a member had put forward a proposal to start reading the Twelve Concepts as part of our meeting format but to change the wording of the Concepts. Even if the group conscience liked this idea, changing the wording of the Twelve Concepts for our group would affect other Nar-Anon family groups. A member could attend my home group and hear one thing about what the Twelve Concepts are and attend another group and understand something entirely different. Conflicting messages like this could dilute the unity of Nar-Anon as a whole, and therefore Tradition Four suggests this would not be an appropriate use of group autonomy.

Tradition Four also asks us to consider how our group decisions could affect Narcotics Anonymous as a whole. We are not formally affiliated with NA, but it is in both Nar-Anon and NA's best interests that both fellowships be healthy and robust. If, for example, a regular Nar-Anon group practice was to denigrate addicts and criticize the practices of NA, Tradition Four would suggest that this would not be an appropriate use of group autonomy because it could affect NA as a whole. Nor would this practice be in keeping with several other Traditions - Five and Ten for starters, keeping the focus on our primary purpose and having no opinion on outside issues.

Our Traditions are not practiced in isolation. Tradition Four can also be practiced in our lives outside Nar-Anon. Most of us participate in collectives of some form: a relationship, a family, a workplace, a group of friends, an association or organization. If I apply Tradition Four to my household, it is suggested that I should be autonomous, except in matters affecting my husband or the household/our relationship as a whole. In other words, it is suggested that I take responsibility and ownership for matters that are mine to own, and that we collaboratively come to consensus on issues that belong to both of us.

By practicing Tradition Four in my home, I can foster balance and curb any tendencies to abdicate responsibility or to bulldoze. I see Tradition Four as a call for balance. Tradition Four asks us to consider how we balance autonomy with collective responsibility. How we balance freedom with boundaries. How we balance diversity with unity.



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 4: Effective leadership is highly valued in Nar-Anon. Leadership qualities should be carefully considered when selecting trusted servants.

Nar-Anon exists because members contribute their time, energy, knowledge and ideas to help the fellowship run. Our home groups, areas, regions and even the world elect trusted servants to carry out the business of Nar-Anon. This concept asks us to consider the person's leadership qualities when elections come up. Different positions require different abilities. We must ask what does this trusted position require, and does the person running for this position either have these abilities or are they willing to learn and ask for help?

For instance, an IT position may require screen sharing, timing and the ability to work with others. If the person running for this position does not own a computer, or has limited or spotty internet service, would you want them to be in that IT position? Group Service Representatives (GSRs) are the communication link between the groups and the area or region. If the person can not or does not attend the Regional Service Committee (RSC) because it is not at a time they are able to attend, that link is broken. The needs or desires of the group do not make it to the RSC service body and the information that the RSC asks to be taken back to the groups for consideration and input also do not make it.

It is a good idea to ask or figure out what is needed and desired for each trusted servant position and then ask the person running to describe their qualifications. It would not be prudent to vote a person as the Technology Chair if they identify as technologically challenged. If that person wishes to work with technology, they could first join the committee, learn and become tech savvy before running for chair.

We probably wouldn't want to elect someone treasurer of a region if they don't understand numbers. Remember the old joke, "How can I be out of money, I still have checks." This is not what a group or region would want to hear from their elected treasurer in the treasurer's report.

Sometimes there is an option for "blank slip" when voting. This would be the choice if you do not think the person would be qualified for the trusted servant position. It would be better to have the position open than to fill it with someone who could make things worse, would not fulfill the duties or could put the organization at risk. Please remember this during your next voting opportunities in your group, area, region or world meetings.

Rocky Mountain Region NFG CONVENTION 2026

Milestones of Recovery Every Step Counts!

Rocky Mountain Region NFG Convention Kick-Off Event

April 16th at 6:00 PM
Mountain Time (1 Hour Event)

Agenda

- Convention Kick-Off**
Experience and Excitement!
- Landing Page Reveal and Early-Bird Registration**
- How to Get Involved**
- Q&A**

RMR Clubhouse
naranonrm.org

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

PURCHASE

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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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 SPONSORSHIPCOMMITTEE@NARANONRM.ORG

Join us

EVENTS



Click here to enter

Rocky Mountain Region NFG Meetings

(times are all MT)

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



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. Submissions can be made at www.naranonrmr.org/rmr-newsletter

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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