



Rocky Mountain Recovery

May 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Look to this day!
 For it is life, the very life of life.
 In its brief course lie all the verities
 and realities of your existence:
 The bliss of growth,
 The glory of action,
 The splendor of beauty.
 For yesterday is but a dream
 and tomorrow only a vision.
 But today, well lived, makes
 Every yesterday a dream of happiness,
 And every tomorrow a vision of hope.
 Look well, therefore, to this day.
 Such is the salutation of the dawn.

-- From a Sanskrit Poem

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?

Cruise Info Session / Kickoff

May 17, 2026 · 6:00 PM MT · Main RMR Room
See flier for details

Uncover, Discover, and Recover

Learn how to use the 4th Step Workbook
6-day workshop in May
See flier for details

Sponsorship: The essential role of sponsorship for members, groups, and regions

Tuesdays · 4:00 PM MT · RMR Clubhouse
See flier for details

Day of Sharing (In-Person Event)

Lakewood, CO
May 30, 2026 · 10:00 AM – 3:00 PM
See flier for details

Heard in an RMR Meeting Room

I need to stop pouring into people who have a lid on their cup.

Addiction is a poorly wrapped gift.

Change is a one-time decision with a daily commitment.

The need to know has got to go!!!

The solution is in the steps.

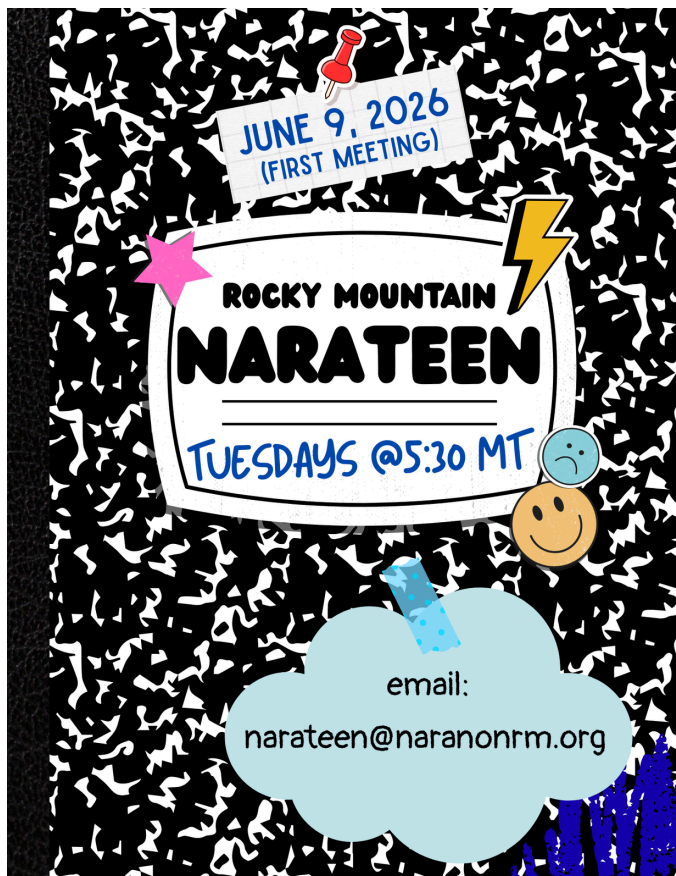
Nar-Anon is not a spectator sport.

My new prayer is not God, what do I do, but God, what would you have me be?

Contrary action to fear is courage; I don't have it, but God can give it to me.

The less I know, the better I am.

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



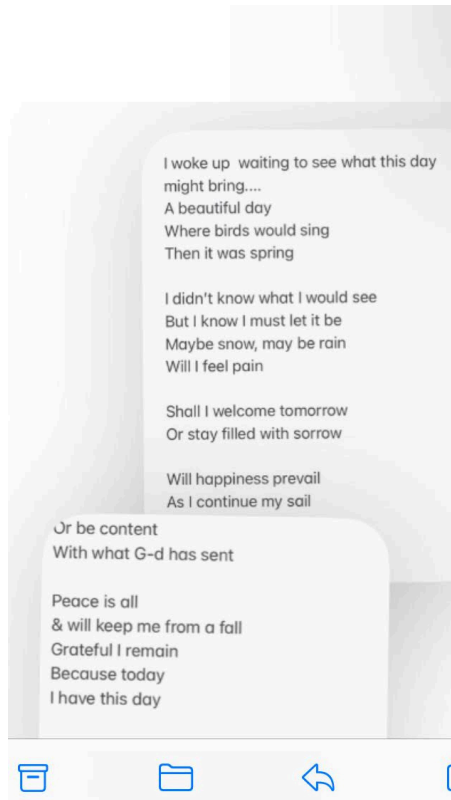
Nar-Anon Family Group has an official social media presence - now on Instagram and Facebook

[Instagram](#)

[Facebook](#)



What Spiritual tools do you use to stay in the present - living one day at a time?



With the help of my Higher Power, I allow a reset every new morning in my relationship with my ALO. HP's faithful hand takes the chaff and grain together, sifts them for me; I keep what is worth keeping, and then with the breath of kindness, blow the rest away.

Thankfully, since I've been in the program and become aware, I can remind myself of the many times (aka miracles) when my Higher Power has totally resolved issues for me. Especially in ways I could never imagine that left everyone involved happy. This includes moving ill-timed work meetings, canceling scary child timesharing, redirecting my attention when I started down a dangerous path, and giving me a soft landing when bad news came by surrounding me with loving family and helpful circumstances. Over and over and over. Through this process, I have learned to trust my HP, to give everything over, and to have faith in the outcome.

Knowing that I have no idea what clever twists and turns my HP will use, I simply must stay in the present and live one day at a time. This allows me to let go of my expectations and avoid spending time thinking about the past or the future. To reinforce this approach, I tell myself and my family something I've heard in the rooms: "What day is it? On Tuesday we do Tuesday things. On Friday we do Friday things...Let's stay in today." It really works.

Reading the SESH helps me when I am struggling with a part of my recovery. The index shows 14 readings on the topic of living One Day at a Time. I find that, reading the SESH or other Nar-Anon literature I am able to refocus off of the heaviness of the moment and onto MY recovery.

Share your
EXPERIENCE, STRENGTH & HOPE



We want to hear from you!

Next Month's Question:

How do your practice listening to learn? What does it look like for you? What is the difference between listening and listening to learn?

Click the image to the left to submit your answer!



Sharing Experience Strength and Hope (cont'd)

I journal to get my thoughts down on paper. Just for today I will face my fear....

FEAR False Evidence Appearing Real

Just for today I will not dwell on his situation, I will not project or imagine the worst. I will not think of him except to remember him fondly and lovingly, while maintaining detachment with love. I will not worry about the end of the month or how he is getting by and paying for his phone, laundry, haircuts, food. Just for today my past experiences will not make me dread the unknown future. I will love him for who he is, irrespective of his mistakes – as perceived by me – and drug use. Just for today, but also every day, I will keep in mind the playground analogy. I will remember that he is on his own path and maybe he is where he is supposed to be for the things he must learn and deal with in this lifetime. I will not forget that what I think is or would be best for him may not be what his Higher Power knows to be best for him, to keep him on the path He has chosen for him. Maybe this life has lessons to teach him that I can never understand. His path is his and his alone to take, and I must get out of the way, get off his back, and get on with my life.



One of the things that I used to have, or keep looking for, or think I had, was coordinates. I was actually trying to find or maintain coordinates so that I could find my center, and know who I am, and field how best to respond.

But now I've realized that coordinates are actually getting in my way. That the stories that had been narrating themselves inside my mind were actually trying to offer me coordinates, but that being with God fully, and in the present, is really so much better, so much more efficient! There is no more carrying around of stories. There is no trying to get my bearings. There's no holding down the fort.

Now everything is all about being in the moment. It's just about being open and attuned—in conscious contact: fielding nudges and following them, hearing that still small voice from within, recognizing what a direct spiritual experience feels like in my body, and knowing I embody the direct experiential memory of how to get back to it when I stray. Beyond that, there is simply doing the next right thing.

In many ways, recovery is so much simpler than I thought! I'm not carrying around a grid of stories any longer. Maybe that's what people talk about when we talk about entering the fourth dimension.

Share your
EXPERIENCE, STRENGTH & HOPE



We want to hear from you!

Next Month's Question:

How do your practice listening to learn?

What does it look like for you? What is the difference between listening and listening to learn?

Click the image to the left to submit your answer!

An Underwater Spiritual Awakening



When I heard about the Rocky Mountain Region's Nar-Anon Recovery Cruise II, I placed it in my Higher Power's hands. The pieces fell in place for me to sign up (thanks, HP!), and the cruise set sail on April 12, 2026. On the fourth day of the cruise, the ship stopped at a port in Kralendijk, Bonaire. I signed up for a snorkeling excursion that the cruise line offered, on a catamaran which set out for a spot in the south Caribbean Sea near the small island of Klein Bonaire.

When we arrived near the island, I slipped on the snorkeling mask and climbed down the catamaran's ladder into the dark blue sea. The water was cool, and as my body adjusted to the temperature I scanned the water looking for fish. I quickly found a school of small, luminescent blue fish, moving smoothly around the boat. The overcast day caused the ocean waters to be a rich, dark blue, and I scanned the horizon marveling at fish of different colors and shapes and sizes.

Then, I saw it. One single sea turtle. Its body lobbed from one side to another, but gracefully. The turtle's wide flippers worked like oars, and the turtle coursed through the water. It seemed to be moving in search of something, and I spent minutes watching the turtle swim in circles. I floated in awe, from a safe distance, watching the turtle's journey. I marveled at my luck, to be able to witness these few minutes of the turtle's day.

Is that how my Higher Power watches me? As I move through my day searching for something, but unable to realize myself that I'm swimming in circles? Does my Higher Power find my aimlessness as cute and adorable as I find the turtle's? Is my illusion that I control the world around me, like a small sea turtle thinking it controls the sea?

Eventually the turtle navigated away towards the darkness of the sea, and I watched until I could no longer distinguish its round shape. But as I climbed back on to the catamaran and then transferred to the cruise ship, I took with me a new way of relating to my Higher Power.



3-6-26
Addiction is a thief,
Addiction is a ghost
that haunts me,
Addiction is cunning,
baffling and a
beautiful liar, A
Sorcerer and a beckon
of evil, It will hold on
for dear life and kill
anyone in its wake
Addiction is powerful,
and so is my God,
Addiction keeps asking me
for a battle, while I kneel
down praying holding
a white flag.

Step 5: Admitted to God, to ourselves and to another human being the exact nature our wrongs.

Breaking Chains

There is a discussion of “freedom” that one feels when working this program. I heard someone describe it once as “breaking chains” and I wondered what chains they were referring to. I wasn’t the addict, I didn’t have a problem other than the addict. It was after working Step Five that I learned what it was to have the chains broken and experience freedom and confidence that I had not before realized.

“We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.” To admit the exact nature of our wrongs, we first need to know what those are. These are identified in Step Four as we work on our inventory and resentments. In reviewing these with my sponsor in Step Five, the “nature of my wrongs” were uncovered. I identified patterns that were not surprising, but also some defects that were unexpected as I did not think of myself as having these traits.

More importantly, we learn the how and the why of our wrongs. Once all of this is uprooted, we get to admit it all to God and to another human being (probably your sponsor). I was not looking forward to this process in the beginning. Upon arriving there, I found my sponsor open and non-judgmental. I wouldn’t call it “easy” to go through this process - she challenged me on some of my responses - but it was not as scary as I thought it would be to open up to someone I trust. Trust is another gift that I received in Nar-Anon. I learned I am not trusting of others, I am often afraid of being judged and, I sometimes feel “unworthy.”

After the Step Five process, I discovered a new spiritual awakening. I understood the nature of my wrongs, I discussed them with God and another human being, and I was free from the shackles of my resentments. For decades, I blamed myself for my ALO. For a lifetime, I felt unworthy. The underlying character defects had me in a ball of people pleasing and enabling to my own detriment. In efforts to alleviate guilt and somehow make myself feel worthy of...what? Love? Friendship? Of being a mother to my ALO?

I now knew the erroneousness of my actions, and even my feelings. I had uncovered what I was subconsciously doing. Now I have awareness and give myself choices. Now I have freedom. I am not responsible for my ALO. I am worthy because God has deemed it so.

Best of all, since I am no longer dragging these chains, I find that I have true friendship, not only through this program, but outside of it as well. I have a new confidence. I am lighter. I am free from the guilt and aware of my imperfections, so I can clock them as they arise.

Step Five is not to be feared, but to be embraced. It is the direction of freedom to Steps Six and Seven when we shed these defects of character and begin to live life without the weights and chains that we have dragged around for so long.

Thought for today: *“When I admit my wrongs, I am making room for change. I am clearing the debris of the past and opening the door for a better future and better me.”* SESH May 23

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.

Tradition Five serves as a unifying compass. It reminds us why we gather and keeps our focus clear and steady: we are here to help families and friends of addicts recover from the effects of someone else's addiction.

It's easy, at times, for members to become focused, not on our mission, but on their own recovery and friendships they've built. Yet Tradition Five gently redirects us back to supporting everyone, not just our friends. Our purpose is not to get the addict into recovery or solve their every problem. Our purpose is to support one another as we navigate the challenges of loving someone struggling with addiction. Treating every member as an equal is powerful. It creates a safe, consistent environment where members can find understanding and hope.

We fulfill this purpose first by practicing the Twelve Steps of Nar-Anon in our own lives. Sponsorship and Narabuddies provide us with direction and guidance as we work the program of recovery. The Steps are not just words we read, they are tools that help us grow, heal, and find serenity regardless of the choices others make. When we focus on our own recovery, we naturally become better able to support others. Our personal growth becomes a quiet but meaningful form of service.

How we relate to our addicted loved ones matters. Encouraging and understanding does not mean enabling harmful behavior; rather, it means approaching them with empathy while practicing the principles of the program. We learn it is possible to be loving and kind while caring for ourselves. We begin to see our loved ones not just through the lens of their addiction, but as individuals deserving of dignity and autonomy. When we finally understand the disease of addiction, we behave differently.

Perhaps most visibly, we carry out Tradition Five by welcoming newcomers and offering comfort to those in need. For many, attending a Nar-Anon meeting for the first time takes courage. They often feel isolated, confused, fearful, or overwhelmed. A warm greeting, a listening ear, or simply sharing our own experience can make all the difference. In that moment, Tradition Five comes alive, not as a statement, but as an action.

Every meeting, every share, and every act of service contributes to this shared purpose. Whether we are longtime members or just beginning our journey, we are all part of something larger than ourselves. Together, we create a community where families of addicts can find understanding, strength, and hope.

As the Rocky Mountain Region continues to grow, Tradition Five invites us to stay grounded in our principles. When we keep our focus on helping friends and families of addicts, everything else falls into place. Our unity strengthens, our message becomes clearer, and our ability to carry hope expands.

We are here for each other and through the shared purpose of Tradition Five, we find healing.

Concept 5: For each responsibility assigned to the service structure, a single point of decision and accountability should be clearly defined.

Concept Five helps keep service clear, healthy, and effective. In simple terms, it means that when a task or responsibility is given, it should be clear who is responsible for making decisions, carrying out the work, and answering for the results. This does not mean one person has all the power. It means confusion is reduced when responsibility is clearly placed.

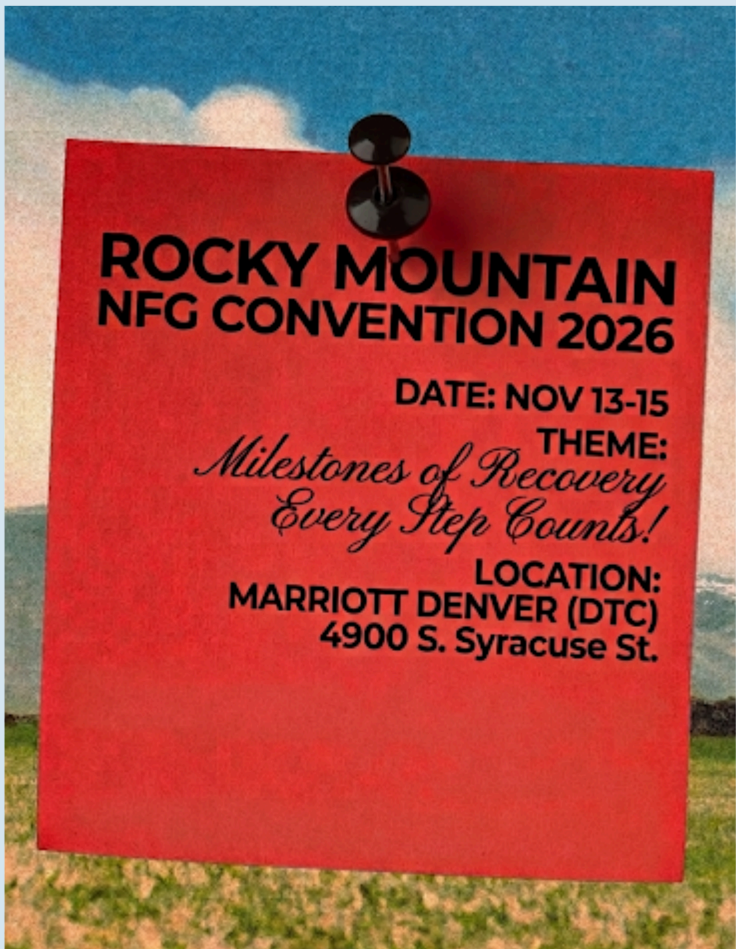
Without Concept Five, service can become tangled. Several people may think they are in charge, or no one may know who is supposed to act. Decisions can be delayed, duplicated, or avoided. Misunderstandings can grow. Members may become frustrated because they do not know where to bring ideas, concerns, or questions. Concept Five reminds us that clarity supports unity.

This principle is applicable at every level of service. A group may elect a secretary to be responsible for communication, a treasurer to care for finances, or a chairperson to guide group conscience. A region may assign committee chairs or region officers. In each case, the fellowship gives trust along with responsibility. Everyone can still offer input, but there is a clear place where action happens and accountability rests. Those entrusted with responsibility are not meant to make decisions in isolation, but to seek input, listen carefully, and act in the best interest of the group, committee, or region they serve.

Concept Five also protects trusted servants in important ways. It helps prevent burnout by reminding everyone that no one person is meant to carry the whole load. Regular rotation of service further protects both the member and the fellowship by creating space for fresh energy, new ideas, and shared responsibility. It reduces confusion and conflict because responsibilities are clearly understood. It encourages trust, since members know where decisions belong and where questions can be directed. It also supports humility by helping trusted servants serve within their role rather than overreaching into the responsibilities of others. In this way, clear boundaries help service remain balanced, healthy, and spiritually grounded.

As a trusted servant, I can practice Concept Five by understanding the role I have accepted and honoring the responsibilities that come with it. When I am unclear, I can ask questions and seek guidance rather than make assumptions. I can work cooperatively with others in the service structure through regular communication, honest reports, willingness to listen, and faithful follow-through on the tasks entrusted to me. I can respect the roles of others, trusting them to carry their responsibilities just as I am trusted to carry mine, and avoiding the urge to control, interfere, or take over. Concept Five reminds me that service is not meant to be done alone. Each trusted servant has a part, and when we work together with humility and mutual respect, the whole fellowship is strengthened. We do not serve independently or apart from one another, but as connected parts of a larger structure guided by shared purpose. This is a WE program, where shared responsibility and united effort help us serve the greater good.

Concept Five is not about authority for its own sake. It is about creating an orderly and loving structure so our fellowship can function well. When each responsibility has a clear point of decision and accountability, service becomes smoother, members feel supported, and unity is strengthened. In the end, the goal is always the same – to help the friends and families of addicts



Check out the landing page for more info!

Questions? Email convention@naranonrm.org



Join us



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

ALL ARE WELCOME
BRING YOUR SPONSOR | SPONSEES

www.naranonrm.org

Hosted by the Rocky Mountain Region




Growing in Service

PRESENTS A 12 WEEK WORKSHOP SERIES

Sponsorship:

THE ESSENTIAL ROLE OF SPONSORSHIP FOR MEMBERS, GROUPS, AND REGIONS

Weeks 1-6	Weeks 7-12
Week 1 – April 28 What does sponsorship do for the members, group, and the program?	Week 7 – June 9 Using Nar-Anon literature to sponsor
Week 2 – May 5 Finding a Sponsor B-212	Week 8 – June 16 Difference between study groups and sponsorship
Week 3 – May 12 Suggestions from Sponsor to Spousee B-212	Week 9 – June 23 Building sponsorship in your group, area, or region
Week 4 – May 19 A Clear Beginning – Before Becoming a Sponsor B-212	Week 10 – June 30 Sponsorship Workshop Basics
Week 5 – May 26 Becoming a Sponsor B-212	Week 11 – July 7 Service Sponsorship S-327
Week 6 – June 2 How to Use Magic of Sponsorship B-213	Week 12 – July 14 Seeking assistance sponsoring – Questions and Answers

TUESDAYS
4 PM MDT



www.naranonrm.org





UPCOMING EVENTS



Rocky Mountain Region
Nar-Anon Family Groups

DAY OF SHARING 2026



DATE

Saturday,
May 30, 2026



TIME

10AM - 3PM



LOCATION

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

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



[CLICK HERE TO JOIN](#)

RMR Virtual
Meeting Room

[Click here to enter](#)



[CLICK HERE TO JOIN](#)

RMR Virtual
Meeting Room

[Click here to enter](#)

INFO SESSION

2027 NAR-ANON WEST COAST RECOVERY CRUISE #3

YOU'RE INVITED

DATE: May 17, 2026

TIME: 5PM (PT)- 6PM (MT)- 8PM (ET)

WHERE: RMR VIRTUAL MEETING ROOM

www.naranonrm.org

CRUISE SNEAK PEAK

A Preview of The 2027 Cruise Experience - Real
Stories, Onboard Fellowship, Travel Tips and
Everything You Need to Get Started.

Plus, Live Q&A!

For more information , visit us at



Where recovery meets serenity... at sea.

Email: cruise@naranonrm.org

Website: www.naranonrm.org

JOIN US

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 PASS: 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		5:30pm-7:30 Solo Por Hoy (Spanish) Hilltop Community Reources 540 South 1 st St Montrose, CO	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 S. Grant	7pm It Starts With Us Main Meeting Room	
Thursday	11am We Begin Here Main Meeting Room		6pm Rocky Mountain HOW ZOOM ID: 853 0329 6440 PASS: 603857	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 PASS: 971962 1370 Forest Park Circle, Lafayette, CO	7pm Saturday Serenity Hybrid 1801 Sunset Pl, Ste B, Longmont, CO & ZOOM ID: 856 0158 6741 PASS: 0902133		7pm It Starts With Us Speaker Meeting Main Meeting Room	



Connection is the opposite of addiction.

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

Newsletter Submissions

Articles and art are welcome from all members of the Rocky Mountain Region Nar-Anon Family Groups. (You are a member of Nar-Anon if you say you are.) Please focus on the Nar-Anon program and share your experience, strength, and hope from the perspective of a Nar-Anon member. Submit to newsletter@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

