



Rocky Mountain Recovery

June 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Many of us hear in our meetings: "This is a WE program and we are not alone. Listen to Learn, Share to Heal."

For the June, issue members were asked: what does it mean to Listen to Learn?

To listen: to hear, to be alert...

To learn: to gain knowledge, to be cultivated, to follow or find the track...

The July, issue will explore the second half - Sharing to Heal. We would love to hear your experience, strength and hope.

*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

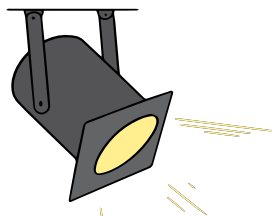
Are there any Nar-Anon related announcements?

June 7: **Sponsorship Committee Invitation;**
6pm MT, Clubhouse

June 27: **Carry the Message**, a Nar-Anon/NA speaker event; 10:30am MT, Main Meeting Room

November 13-15: **Rocky Mountain Region Convention** "Milestones of Recovery - Every Step Counts" Denver, CO

April 11-15 2027: RMR Cruise, leaving from San Diego CA



Committee Spotlight

The RMR Sponsorship Committee comes together for a few months and hosts 3 Sponsorship House Parties per year. Want to dip your toes into committee work or did you find your sponsor at one of the past events and want to give back?

A new committee is forming to put on the August 2026 House Party.

First committee meeting is on Sunday June 7th, 6pm MT in the Clubhouse.
sponsorshipcommittee@naranonrm.org

Heard in an RMR Meeting Room

I have to stop trying and start trusting.

Going along to get along is not honest.

If someone saw your schedule, would they believe your goal?

What would trusting God with _____ look like?

I used to feel if I wasn't reacting (or fill in the blank) I wasn't loving.

I'm learning that my definitions of words and concepts are changing from what I wanted them to be to what they really mean.

I know that when God is moving me through the pain, He is moving me to a deeper understanding of acceptance

I have anxiety because I have practiced control and fear my whole life.

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

Meeting Birthday Shout-Out

Celebrating 12 years!

Been There, Done That
June 1, 2014

<https://naranonrm.org/been-there-done-that-hybrid/>





How do your practice listening to learn?

After coming to Nar-Anon, I realized there is so much I do not know. I am learning to be a student and be teachable.

One of the best things I listen to are speaker recordings. I listen to Nar-Anon ones to know I am not alone and NA ones to understand my loved one's point of view.

In Nar-Anon, I listen to learn how others do things, how they solve problems, how they interact with others, how they work the steps and how they live recovery in their life. If they have recovery that I want, I listen. If they are still living in the mess, I listen. I take notes in meetings of things I hear and then I pray and ask my HP to show me how to also be those things.

Such a profound question. When I first came into the rooms, I would fly off the handle during the sharing portion. I focused solely on that portion of the meeting because, to be quite frank, I felt like half of what I'd heard about the program was hogwash, and everything sounded just dumb. I just needed to get out all that I couldn't express outside of the room, and I found that to be very helpful. I had a place to talk. A place to talk where people understood me, and that meant the world to me.

However, this didn't stop my head from being so full of obsessive, compulsive, and ruminating thoughts. My head also had this intrusive, warlike committee that had many critical, non-productive things to say, along with assumptions and solutions for every problem. Needless to say, my brain was on this crowded hamster wheel with a blasting chatterbox right in my ear. It was deafening, and to add to this, the impact of active addiction kept getting worse. I so wanted my brain off this hamster wheel. But I didn't, and I actually let it keep me from the rooms for some time.

That was, until I received the gift of desperation. It was then that the slogan *learn to listen and listen to learn* began to resonate. The slogan to me meant that I had to learn to quiet the internal noise, shut my mouth, and sit still. I had to rid myself of close-mindedness, instant answers to statements, and the tainted voice that filtered everything I heard. I had to intentionally open up my mind, my heart, my spirit to what was being said. This was a lofty task, but my Higher Power blessed me with the willingness to learn the skill of listening because this program had a special gift to offer me if I would listen for it.

I learned to be present with my whole body when someone is talking, pause when I hear something that resonates, and be curious about what is being said. This has changed the game for me because it has allowed me to hear my HP through people. The messages sink in and take root in the deep places of my heart and soul. They help shape me for the better. They help shape me into the person I want to be. Simple listening doesn't benefit me when the voices in my head are louder than the outside voices. Learning to slow down, quiet the noise, be intentional, and shift my focus to what is being said has made all the difference. I can now not only hear the voice of wisdom in the rooms, but I also hear the sounds of peace. It took a while, but I am grateful to enjoy this amazing gift today.

Share your
EXPERIENCE, STRENGTH & HOPE



We want to hear from you!

Next Month's Question:
Share to heal
SESH October 30

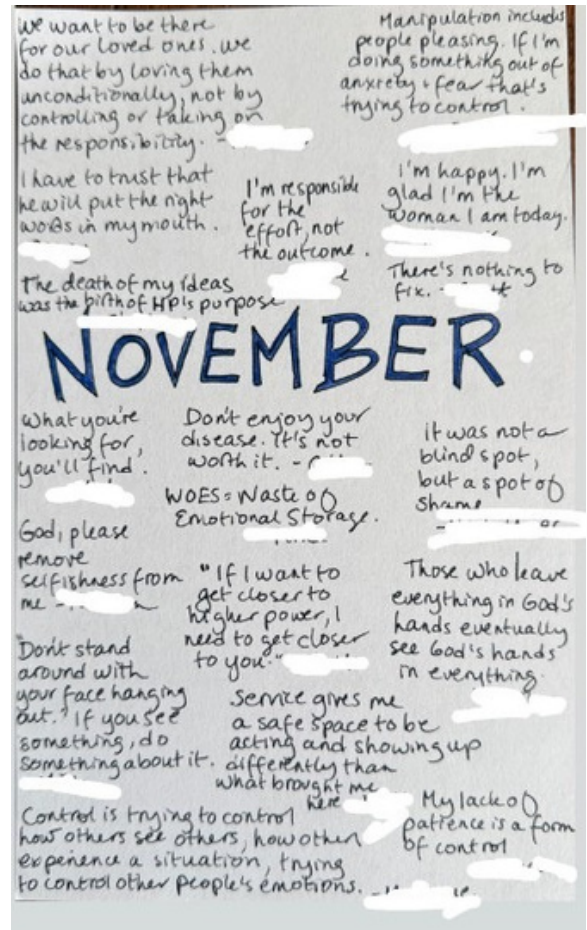
Click the image to the left to submit your answer!



When I first started attending Nar-Anon I was like a sponge, just soaking up this new way of thinking and living. I attended meetings with my notebook in hand, and wrote down everything that resonated, everything that challenged my assumptions, all the slogans that were new to me, and the methods and tools for practicing recovery that people shared about.

At the end of each month I wrote down all the bite-sized pieces of wisdom I'd gathered in the previous month on a large index card (all quotes attributed but redacted here). I did this for my first six months, and looking back on these cards gives me such a feeling of gratitude for everyone in these rooms who has shared so freely, so that I could listen to learn.

The act of writing something down by hand has always helped me to take in information, to interpret and understand. Even though I no longer create my monthly roundup index cards, I still write down something someone said most nights. If I pay attention and listen to learn, Higher Power always shows up and speaks through all of you.



To listen means to make a conscious, intentional effort to hear, understand, and pay attention to sounds or spoken messages. Unlike simply hearing (which is the physical act of perceiving sound), listening requires active mental focus and the processing of information

Share your
EXPERIENCE, STRENGTH & HOPE



We want to hear from you!

How does sharing help you heal?

SESH October 30

Share in the newsletter so you can heal

Feelings buried are buried alive

Share it so you don't wear it

Carry the message

Share your ESH

Click the image to the left to submit your answer!



The Gift of Truly Listening

The shift from "listening to respond" to "listening to understand" has been a game-changer for me. Before, when I wanted control, I often listened only long enough to defend myself, fix the situation, or steer things in the direction I thought it should go. But true listening asks me to set aside my agenda and become willing to hear another person's experience without trying to manage it. It does not mean I agree or give up my own voice. I am learning to give up control. In that shift, I find more peace, more humility, and more room for love to replace fear.

Listening can be done without any intent to take action. Listening to learn, for me, means listening to change. I am listening to learn, I am also listening to unlearn.

My mind is now quiet enough that I can hear my Higher Power ... the birds early in the morning, the still small voice as I ask for help, the rain on a metal roof, the ESH of others, my sponsor and the love of the fellowship.

One of the greatest gifts I have found in Nar-Anon and the 12 Step way of life is learning how to truly listen. I am no longer only listening to respond, but listening to learn. I am now in a position to know that there is much I do not know. I am a student, and to learn, I must listen.

In this program, I am learning a new way to live, and that means becoming teachable. It means quieting the noise in my own head long enough to hear the experience, strength, and hope of others. Some of the most important moments in my recovery have come when I stopped trying to figure it all out myself.

I am learning to listen to my sponsor, even when the suggestions feel uncomfortable, unfamiliar, or completely opposite of what I want to do. I am learning to listen to my Higher Power, to my gut, and to the quiet voice in my heart. I am learning to listen to my Narabuddies, the founding members who came before us, the wisdom found in the Steps and Traditions, and the guidance in our CAL.

I am willing to "go to any lengths" for recovery because I know the family disease of addiction taught me many unhealthy ways of thinking and reacting. When I truly listen, I begin to hear patterns instead of personalities, principles instead of opinions, and hope instead of fear. I learn that I do not have to keep living the same painful cycles. Every meeting, every conversation with my sponsor, every share from another member becomes an opportunity to grow if I am willing to listen with an open mind and an open heart.

◆ * LISTEN * ◆
◆ WITH ◆
◆ LOVE ◆

My Sponsorship Journey

It is often said that when looking for a sponsor, you should find someone who “has what you want.” I can see the thought process, but in hindsight, that idea is far too simple for something as important as giving someone the spiritual license to guide me through a life-changing program—and far too easy for someone like me to misunderstand.

In the beginning of my journey, I was drawn to people who seemed to have control over their lives and emotions. They spoke with steadiness, almost stoically, about chaos, and I took that as evidence of spiritual prowess—experience, education, something elevated. They carried themselves like they had figured something out that the rest of us hadn’t. Like they were just a level above.

What I understand now is that I didn’t actually know what I was looking for. What I was after was the ability to shed my humanness altogether—to become something like an oracle among the unawakened. I didn’t want to feel anymore. I wanted to know the rules and get an “A” in Nar-Anon.

There were also members who sparked something in me in a quieter way. I wrote down their words in meticulous notes, along with their names and numbers, like I was collecting something valuable. I never intended to call them. If I’m honest, I thought writing them down might earn me some kind of invisible credit—maybe get me to Nar-Anon “graduation” a little faster.

But those people were still undeniably human. They shared themselves in ways that made me feel the ache of identification. And that was exactly what I didn’t want. I didn’t want sameness. I didn’t want connection. I wanted certainty. I wanted to ascend.

(Spoiler: I was chasing a way to feel better, not a way to live better. And I was holding tightly to things I didn’t yet recognize as defects—control, pride, self-righteousness, manipulation, and more.)

As it turns out, none of the people I had quietly put on a pedestal became my sponsor. Instead, it was one of the people whose words I had written down over and over again. One of the humans.

I remember hearing someone suggest that when a person says something that moves you, you should write it down with their name and number—and later, look back at who you were most drawn to. At the time, that didn’t fit my idea of what a sponsor should be. What I didn’t understand then was that they were describing something spiritual, not aspirational.

Because the truth is, my spiritual being—living this human experience—was drawn to someone who was willing to live in theirs. Not above it. Not beyond it. In it and by spiritual principles.

Three years later, I am incredibly grateful my journey with sponsorship took the turn it did. That I did not get what I thought I wanted. That my Higher Power worked things out in a way I absolutely would not have chosen—but desperately needed.

And it makes me wonder about those who only ever hear that a sponsor should be someone who “has what you want.” Maybe that works for them. Maybe that’s exactly how it’s supposed to work. But maybe sharing my experience is part of how it works for someone else.

This is what I would take into consideration if I were looking for a sponsor:

1. I have to accept that I am human. There is no bypassing emotions in this experience—I learn to live through them.
2. “God” is just a name for a power greater than me. I can define it however I need to, but I am not it.
3. A sponsor is not a therapist. They don’t hold my emotions—they walk with me through the steps and help place my hand into my Higher Power’s.
4. A sponsor has the courage to tell me the truth. Not what I want to hear. Not endless comfort—truth, with love and accountability.
5. A sponsor doesn’t have the “right answer.” They have experience—and, more often than not, the right questions. (Annoyingly so.)
6. A sponsor is human. Flawed, honest, and willing to share their experience through the lens of hope.
7. A good sponsor doesn’t center status. Time in program or service is not presented as rank or achievement.
8. A sponsor understands the Traditions and Concepts, and also understands they are there to practice them—not enforce them.
9. A sponsor lives the work. Not perfectly, but visibly—through humility, honesty, and effort.
10. A sponsor values quality service over quantity, and connection over appearance.
11. A sponsor is not someone I try to impress, and they do not try to impress me. The authority is a loving Higher Power—we are simply trusted servants, growing through unity.
12. Sponsorship is not about knowing more. It is about carrying the message—walking with someone else toward their own spiritual awakening.

“None of us can get a higher grade than the other because we are all ‘A’s.’”

—Me, inspired by my sponsor reminding me I can’t get an A in Nar-Anon

Step 6: Were entirely ready to have God remove these defects of character

The idea of being entirely ready for anything when I first got to Step Six seemed daunting even after completing Step Four's inventory and Step Five's confession. I struggled with the idea of who I would be if God removed ALL my defects of character because I had come to welcome them like a warm blanket out of the dryer on a rainy, Sunday afternoon.

I had known comfort in the chaos for so long living in active addiction that my defects were my character not just a part of it.

I was still not trusting in a power greater than myself that this could be done. I knew I was powerless and unmanageable. I had come to believe. I turned my life and my will over. I made a moral and fearless inventory. I confessed to myself, to my sponsor and to God my wrongs. Yet, here I was still not trusting that something greater than ME could do what I could not....remove what was no longer serving me.

I had to be reminded by the help of my sponsor, by the group, the fellowship that in this WE program I do nothing alone by the grace of God. I had forgotten that when my defects are removed, they are replaced with attributes, qualities, values, positive characteristics and authenticity. In Step Six, I am simply ready. I am ready for more to come. I am ready for new beginnings. I am ready for a new way of life. I am ready to have God do for me what I could not do for myself. And when I could truly ask myself, is this what you want? Is this what you need?

And I could answer with a resounding YES, I knew I was entirely ready.
By the grace of God...

From the Magic of Sponsorship booklet

Step Six Slogan: Willingness without action is not willingness

Prayer: "Higher Power, I lack the desire to let go of (name the defect).
Reveal whatever is blocking me from being entirely ready."

Daily Awareness: In addition to prayer, if we are unwilling, we keep a tally sheet and share it with our sponsor until we are willing.


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.

Tradition Six sounds, at first, like it is telling me what to avoid, but the more I sit with it the more guidance and encouragement I hear in its message. To me, it feels like a reminder to always focus on the reason I am a Nar-Anon member in the first place – to learn a better way to live and carry the message of hope to people who are struggling with the addiction of a relative or friend.


This is important because it is so easy for me to get pulled in different directions. There are always other needs, other causes, other things asking for my time and attention. Tradition Six does not tell me that I cannot support needs and causes other than Nar-Anon. It tells me that my responsibility as a member is to maintain the purity of our message of hope.

Tradition Six brings me back to my primary purpose as a member of Nar-Anon. It reminds me that what my fellowship does matters deeply. When someone walks into a meeting feeling overwhelmed, angry, ashamed, and exhausted, they do not need me to have answers and resources. They need a place where they can be understood, feel safe and begin to believe that a better way to live is possible.

When I keep focused on my purpose as a member, considering the needs and wants of outside enterprises does not enter my mind. I appreciate that Tradition Six encourages me to cooperate with Narcotics Anonymous. We are not the same fellowship, and we do not need to be. But we can respect each other's purpose and support the same larger hope. When NA carries the message to the addict, and Nar-Anon carries the message to families and friends, something beautiful happens. Recovery reaches more people and we stay connected to the simple, loving purpose that brought us here.



When I am in a meeting with someone who is overwhelmed and exhausted, do I try to give them external answers and resources, or do I offer them what they truly need; a safe place to be understood?



Concept 6: Group conscience is the spiritual means by which we invite a loving Higher Power to influence our decisions.

Using my handy-dandy classic dictionary, I decided to look up some of these words. Let's go.

Group: a number of individuals assembled together, having some unifying relationship or action.

Consciousness: the upper level of mental life of which the person is aware as contrasted with unconscious processes.

Spiritual: of, relating to, consisting of, or affecting the spirit.

Means: to have in the mind as a purpose.

Invite: to request the presence or participation of.

Influence: the power to bring about a result.

Decisions: a position arrived at after consideration.

By using the tools that Nar-Anon and the 12 Steps provide us, as we steadily apply the principles of this program to our individual lives, our decisions and actions become less motivated by ego or self-interest and more motivated by what our spiritual consciousness, being guided by a loving Higher Power, might have us to do. Our individual, spiritual consciousness grows as we apply the principles of this program. As members, many of us understand the effects of living, or surviving, from a place of fear, control, mistaken responsibility, and utter unmanageability.

Concept 6 teaches us and holds the idea that collective responsibility and spiritually guided decisions can be shared safely and without one person carrying everything. We are not alone. We can participate without chaos, we can lead without dominating, we can all be trusted servants. There is shared spiritual awareness here that develops when our members gather, work the steps, share ESH, and practice the principles. Honesty, courage, faith, willingness, humility are some of the principles that can be applied as we trust in ourselves, our Higher Power, our members and our trusted servants to come together to make decisions for our Nar-Anon Family Group. I am so thankful to be part of that type of family.



How can listening to learn help my recovery and participation at group conscience meetings?

Rocky Mountain Region

Sponsorship Committee Invitation

The Sponsorship Committee is welcoming new members to help with **Planning our August 2026 House Party.**

We invite you to join us for our first committee meeting on

Sunday, June 7, 2026

6:00 PM Mountain Time
(8:00 PM Eastern Time)

in the RMR Clubhouse



We are planning our **August 2026 Sponsorship House Party!**

More details to come.

All members are welcome. Willingness is the only requirement.

If you have any questions or would like more information, please reach out to:

✉ sponsorshipcommittee@naranonrm.org
 🌐 www.naranonrm.org

Growing in Service
PRESENTS A 12 WEEK WORKSHOP SERIES

Sponsorship:

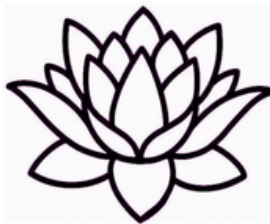
THE ESSENTIAL ROLE OF SPONSORSHIP FOR MEMBERS, GROUPS, AND REGIONS

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 Sponsee 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



Stepping Through Grief:
Working the 12 Steps after the Death of a Loved One
SATURDAY,
JULY 25, 2026
4PM – 6PM EDT


Please join us for our 2nd Annual Workshop exploring how the 12 Steps can be applied to loss and grief.

Speakers, Discussion, and Q&A

Sponsored by:
Hope After Loss (HAL) Nar-Anon Family Group
and the Nar-Anon Global Online Region

To Join the Workshop on Zoom:
Meeting ID: 837 0754 2609
Request passcode:
<https://form.jotform.com/252316790863059>
Or email: naranonelle@gmail.com

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.

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

