



# Rocky Mountain Recovery

July 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 July, issue members were asked: what does it mean to Share to Heal?

To share: to partake of, use, experience, occupy, or enjoy with others

To heal: to make free from injury or disease; to make sound or whole

*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?

July 18: **RMR Regional Assembly**

July 25: **Carry the Message**, a Nar-Anon/NA speaker event; Main Meeting Room @ 10:30 AM MT

Aug 22: Sponsorship House Party

September 13: **Recovery Cruise Info Session**; main meeting room @ 6pm MT

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

## From the RMR Chair

Our regional assembly is coming up on July 18th. If you've never been, the Assembly is where the decisions for the Rocky Mountain Region are made, where we vote on regional trusted servants, and where the other business of the region takes place. It's definitely not JUST that, though. It is also a place to see what other meetings and committees are up to and to learn about all the amazing things the RMR does to support the groups and our recovery. Please consider coming and checking it out. A flyer will be posted at the beginning of July with all the information.

This Assembly, we will be having a panel discussion where we get to learn what other regions do, how they work, and what we can all learn from each other about service. We will also hold a regional Nar-Anon meeting where we get to share our ESH and be together in recovery as a fellowship.

There are several trusted servant positions up for election in July and if you are a member of a homegroup in the region and have interest in service, you may be the person we need! The positions up for a vote are the following:

Treasurer  
Alternate Treasurer  
Day of Sharing Chair  
Secretary  
Narateen Chair  
Narateen Process Person

Please consider standing for one of these positions. Regional service is a great way to grow your recovery and to give back to the fellowship. If you have questions about any position email [chair@naranonrm.org](mailto:chair@naranonrm.org) and we will answer general questions and put you in touch with the current trusted servant to learn more about the position.

## Regional Survey

This year, our RMR Regional Survey is focused on growing our recovery, our meetings, and our region. We would love your input about your experience in Nar-Anon and your feedback. It's only 21 questions - some are even multiple choice. We want to (anonymously) hear your voice and (anonymously) learn from your experience. [Click this link](#) or go to the RMR website members tab and go to the surveys section.

## Heard in an RMR Meeting Room

Willingness without action is not willingness.

I can't outrun the past by being anxious about the future.

I can't worry myself into an outcome I want.

Things are neither good or bad. Thinking makes it so.

I focus on what's happening for me instead of what's happening to me.

Now I'm running to my life, not from my life.

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



## Share to 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**

There are probably a million "me"s out there. I don't just mean someone suffering the effects of the family disease of addiction. Sadly, that number is 100x larger. I mean women with a lot of the same brain chemistry, same birth order dynamics, same general era of primary school messaging, same general age during all the once in a lifetime events, same cultural reference exposures...you get the idea.

But there's only one me with my DNA, my story. Because only I have lived my life. There is only one me with my specific gifts, challenges, defects and...wounds. These wounds require specific medicine. This medicine doesn't work for everyone, and not everyone needs it. It doesn't work the same every single time it's applied. Sometimes it takes multiple doses to achieve the desired results. Sometimes I'm able to get the medicine from others - we call that "listening to learn." Sometimes it activates as soon as I hear it, sometimes long after the dose was given to me.

On some occasions, I am able to generate this medicine myself. It doses me and someone else at the same time, so its like a BOGO. We call it "sharing to heal." When I share my story, my recovery, my experience, strength and hope, it makes the medicine of recovery. And when I share it, I begin to heal.

To me, "share to heal" means that by opening up and being vulnerable in a meeting, I'm helping myself, healing past hurts. I'm reinforcing what I've learned in the program. I also might be able to help somebody else with my share. I always feel better after I share. I feel lighter, I feel like my pain is lessened. The love and support we receive is so powerful. When I am brave enough to unmute and share my feelings -- my experience, strength, and hope -- I know that God is with me and I am on the road to recovery.

Left to my own devices I am an internal processor. I can have entire life arcs, crises, and narratives play out in my head without anyone else ever knowing. While this can sometimes help me make sense of things, it is not a healing practice. We recover together, and if I want to recover I have to allow others to know me. I have to be seen and heard, even if that feels uncomfortable or risky.

The only way growth is possible is for me to connect with others. What this means practically is sharing my thoughts, feelings, problems, and successes out loud in meetings, with my sponsor, and with Narabuddies. When something that has been stewing in my head is spoken aloud it loses some of its power over me. I experience it as a trouble or worry leaving my head and dissolving in the warm atmosphere of those who understand. And when I share my spiritual awakenings and growth in recovery I get to maybe help someone else in the room. This interconnectedness is where the healing happens, and where I can see Higher Power at work.

"Share to heal" means if I don't share it I wear it. Meaning it will stay stuck in my head and then fester into all of my affairs. Getting on a meeting and verbalizing what I'm going through helps me see the situation is not as scary as I think it is.



### **We want to hear from you!**

Next Month's Question:

"If I risk nothing, I risk even more"

What have you risked? What are you willing to risk? What are you not willing to risk?

Where and how do you find courage to take a risk?

**Click the image to the left to submit your answer!**

# I Didn't Fall in Love With Recovery Until I Found Me

I didn't fall in love with recovery all at once.

You can't, I couldn't.

At first recovery felt like learning how to walk away from a war while my husband was still fighting in it; and part of me was still setting up camp on the battlefield blinded by delusional thoughts.

Because war? Wars were familiar.

And familiar - felt like home.

The war was a call to action - and I showed up for my assignment as if I were drafted for his war.

See, I thought I was searching for peace in Nar-Anon - But really? I was searching for control. For answers. For a way to fix what was never mine to fix.

Anything to keep me from facing the reality that I wasn't just living with addiction - I was living for it.

Anything to avoid the silence that whispered... "YOUR NAME... who are you when his chaos left the room?"

Because I didn't know. I didn't know who I was without survival mode introducing me first.

I didn't know who I was without checking his mood - his tone - his whereabouts;

I didn't know me - without him!

I wore pain like perfume. Made excuses, my native language.

"I just need him to get better..." "If he would just listen..." "If he would just choose me..."

I turned brokenness into personality traits. Used my mouth like a weapon and called it strength.

Laughed loud enough to hide the parts of me that were quietly breaking. And then Nar-Anon showed up.

Not as a savior - but as a mirror. And mirrors? Mirrors are rude in times of chaos.

Because suddenly I had to sit across from the person I had been abandoning for years.

Me.

The me beneath the control. The me beneath the anger. The me beneath trying to be God in somebody else's life. The me beneath the rescuing, the fixing, the managing, the spiraling.

The me who still had a little girl inside... watching chaos growing up. Learning to cry to stop arguments. Learning to pretend everything was okay. The me who was still asking "Will somebody finally choose me?"

And recovery took my hand and whispered, "What if...that somebody is you?"

Whew...Because I spent years waiting for love to arrive through another human being while I was ghosting myself every single day.

I married my addict thinking love would save me. But his disease? It didn't just break him - It exposed me! Exposed my fear.

My control. My codependency. My lack of faith.

It showed me that I didn't just lose myself in him - I never fully had myself to begin with.

Recovery taught me something hard: Feelings are not facts. Because I felt like a victim - but I was still standing. I felt powerless - but I kept showing up. I felt broken - but something in me refused to stay that way.

And healing? Healing ain't always pretty. Sometimes it looks like crying in silence while he's out using. Sometimes it looks like sitting on the edge of the bed not knowing if he's coming home and choosing not to chase him anyway.

Sometimes healing looks like not responding to chaos and trusting GOMU (God of My Understanding) with what I couldn't control.

That was new for me because I used to think - if I wasn't reacting I wasn't loving. But recovery taught me sometimes love looks like letting go. Sometimes healing looks like apologizing to yourself for every boundary I abandoned just to keep someone else comfortable. Every time I said "yes" when my spirit screamed "no." Every time I chose chaos over my own peace.

And somewhere between the meetings, the Steps, the prayers, the sleepless nights, the journaling, the surrender, I started meeting myself again. And to my surprise she was still there. Still soft. Still worthy. Still capable of peace and serenity. Recovery wasn't punishment. It was introduction. An introduction to the woman I was becoming once I stopped trying to control everything around me.

Now listen, I still have scars. Still have days where my mind tries to take me back to fear - to doubt - to control.

Still have moments where the old me knocks on the door asking to come back. But today? Today I know the difference between being alive and actually living. Today I know that freedom is not becoming perfect. Freedom is no longer needing to hurt myself trying to fix someone else. And somewhere along this journey I stopped chasing my husband to save him because I realized that GOMU was already saving me and he had his own GOMU.

And in doing that I fell in love - not with the chaos - not with the control - not with the illusion but with my soul.

God was trying to introduce me all along. Me. Not the fixer. Not the controller. Not the wounded wife. Just me.

So today I don't chase chaos. I don't chase people. I don't chase control. Because I finally understand everything I was running after was running me.

Today, I stand in something different. I stand in surrender. I stand in faith. I stand in recovery. And most importantly I stand in me.

Because the woman I was searching for in my husband - in the chaos - in the control - was never out there. She was always inside me - waiting... for me to come home.

And today— I'm no longer lost in someone else's story. I'm no longer trying to fix what was never mine to fix. I'm no longer abandoning myself to hold on to something that was breaking me.

Today... I choose me. I choose peace. I choose recovery, no matter what.

Because the greatest miracle in my life wasn't that the chaos stopped... it was that I did.

# Sometimes I Enable My Addict

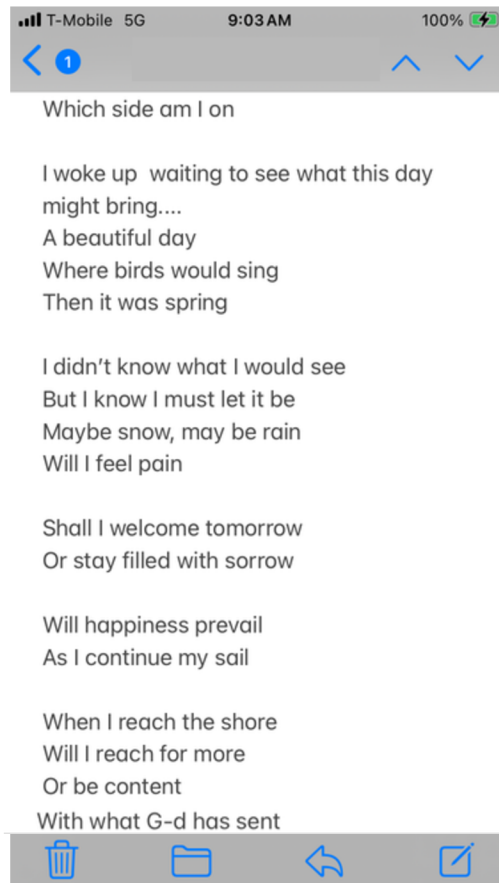
When I first came to Nar-Anon, I was ashamed to admit that might be true. Enabling my addict would be so foolish. When I first arrived, before I began to practice the 12 Steps, I still thought I could control my addict's addiction. And of course, enabling my addict would not stop my addict from using his drug of choice. So I knew I must never, ever, enable him.

I took that responsibility very seriously. It was a weight on my shoulders - his addiction was very serious, and he was my child, still a teenager living under my roof. If I were to enable him, not only would I be a bad Nar-Anon member, I'd be a bad mother. I couldn't let it happen.

So I found myself struggling with decisions. My addict would ask me for things, and I would be paralyzed with indecision. I didn't know if I could believe him or take him at face value, so I would think through the various ways my actions or inactions could play out. I'd discuss each dilemma with my sponsor during our weekly phone calls.

What I slowly came to realize, is the fear I held of enabling my addict. Of doing anything that might push him as little as an inch in the direction of the drugs he sought. As I attended more Nar-Anon meetings and worked the Steps, I realized that my fear was premised on a belief that I could control my loved one's addiction. I was terrified of enabling him in any minute action I took, because I thought enabling him would allow his disease to progress, and not enabling him would open up the possibility of his disease stagnating.

Today, I have handed my son's addiction over to my Higher Power. It is not my responsibility, so I don't need to overthink if my actions are enabling. I can turn over my concerns to my Higher Power, spend time in conscious contact to discern how my Higher Power would have me show up for my son, and then proceed. Is giving food, money, assistance to my ALO enabling? Sometimes it is and sometimes it isn't. What might be enabling for my ALO may not be enabling for my Narabuddy's ALO. What might be enabling today may not be enabling six months from now. Sometimes enabling can only be seen in the rearview mirror, but I don't need to stare in that mirror when my Higher Power is in the driver's seat.



# The Seven Dwarfs of my Nar-Anon Recovery

Unless you are reading this from another culture or a foreign country or maybe you live under a rock, you are no doubt familiar with Snow White and the Seven Dwarfs. If not, please Google it after you read this. The other night I thought about my character defects in the context of the fairy tale by the Brother's Grimm. So...I begin.

Doc is the leader of the dwarfs, a bit like a father figure. He has access to the intellectual part of his brain and so is well-poised to help everyone by bossing them around and telling everyone what they should be doing. He doesn't respond well to pressure, though, gets stressed out and becomes overwhelmed sometimes. He occasionally recognizes that his life has become unmanageable. He represents the "know-it-all" in me. Taking the time and energy to take everyone's inventory while overlooking the plank in my own eye. Nar-Anon has taught me that sharing unsolicited advice with people is often received as control and they don't like that. Many of my opinions are best kept to myself.

Grumpy has a short temper and gets easily annoyed with the other dwarfs. He has a habit of negative thinking. He is always stuck on the worst-case scenario and does a lot of future-tripping. Stay where your feet are, Grumpy. Easily triggered by any and every thing, he is impatient, he doesn't suffer fools gladly. I get it Grumpy, I get it. As I work my program, I am learning to give others grace, as I am learning to let others just "be."

Sneezy has severe hay fever, some sort of auto-immune problem, I guess. When I feel stressed or anxious, when I fret or worry excessively, when I live in a state of "upset," my body releases stress hormones like cortisol and adrenaline. Our bodies aren't designed to have this cocktail of hormones in our system all the time and over time they can start to impact our immune system and break us down, making us more susceptible to all the coughs and colds going around, even things like cancer, arthritis and intestinal problems. I remind myself to "breathe," I pray to my Higher Power, I read my literature, I put loud music on my earpods and dance around until my palms stop sweating, until I feel the stress hormones retreating.

Bashful. Have you ever felt embarrassed and self-conscious like Bashful? I have. Sometimes, as I draw into myself, isolating from others, my withdrawal affects my relationships, everyday activities and self-confidence. If I'm not careful, a downward emotional swirl begins and it becomes increasingly difficult to counter-swirl. I fear being judged negatively and

become overly concerned about what others think. This is my ego. Working the Nar-Anon program along with my sponsor reminds me that I need to, and benefit from, being with others and interacting positively with them. The feeling of connectedness releases the "hug hormone" oxytocin, whose effect fosters trust and empathy, while also promoting calm and reducing anxiety and fear.

Sleepy. Sleepy is always looking for the opportunity to nap, always on the verge of dozing, so isn't able to concentrate on what's going on around him. He's always having accidents because he's clumsy with tiredness. When I lack sleep, I lose the ability to concentrate and focus and it's really easy to become irritable, unmotivated and clumsy with my thoughts and my words and my behaviors, like Sleepy. Sleep is crucial for my mental and physical health and I'm no longer willing to trade it for time spent obsessing about my ALO. To be honest, this is still a work in progress. But moving on...

Dopey. Dopey plays up because he's having fun; he gets up to silly antics. He doesn't care what the others think of him so, he is living his best carefree Dwarf life and enjoying himself as part of his self-care system. He reminds me that I need to take care of myself. Humor and laughter help to boost my mood and therefore my mental health. After all, having a good sense of humor is considered to be a desirable personality trait.

Laughter and silliness can be contagious – it's hard not to laugh along if someone else is having fun.

Happy is always optimistic and generous to a fault, he wants to have positive interactions with the other dwarfs, no matter what. He can be innovative with his thinking, coming up with really good ideas. And "turn all frowns upside down". No matter what, Happy is always cheerful. He represents my denial. Sometimes, my perpetual optimism keeps me from accepting the reality of a given situation. I'm always trying to put on my big girl panties and frequently overlook the severity of what is actually going on. My son is not an "addict," he just struggles with illicit drug use. Yeah, that's like calling a level 5 tornado "a little wind." Happy is my outward mask, that I wear so people won't see the real me, who is often sad or hurting. In Program, I'm learning to be the real me, happy or not and learning to share my real self with others, without fear of judgement. I can "choose happy," but I don't have to "fake happy," and I can feel in control of my own life.

Well there you have it; "Take what you like, leave the rest and keep coming back".

looking for

# many voices. many perspectives

a note from the Newsletter Committee

We have been publishing our Rocky Mountain Recovery newsletter for 2 years! This means we have two complete sets of [Steps, Traditions and Concepts](#) (minus Concept 7 from our very first issue.) We decided to try something different this year. We are asking for several shorter submissions from more members so we can learn more about how you put these Spiritual Tools into action in your life.

A part of our recovery work is often reading and answering questions out of the Nar-Anon 36 with a sponsor. The spiritual practice comes in applying what we learn in our daily lives. What does that look like for you?

## Step 7: Humbly asked Him to remove our shortcomings.

If I find myself justifying my character defects (I'm suspicious because I have good reason to be suspicious! I'm stubborn because I'm almost always right!), there is little room for Higher Power intervention.

When I allow for the possibility that instead of being suspicious perhaps minding my own business and having my own business to mind might work better for me, or that instead of being stubborn I can ask myself "How important is it?" in any given situation and avoid an argument, I am opening myself to a spiritual process.

It is when I humbly ask God to remove my defects of character and invite God in that real change can happen.

"God, please remove from me the character defect of being judgmental and replace it with acceptance."

Step Seven is connected to Step Two. In many ways, it's Step Two (what we came to believe), put into action. A Higher Power can remove our burdens, such that we can know that true meaning of freedom.

Step 7 reminds me that asking my Higher Power to remove my shortcomings doesn't mean they will disappear instantly and forever. It means I become more willing to let God interrupt those patterns and help me choose a better response. My shortcomings may still show up, but they no longer have to control my actions. Each time I notice them and humbly ask for help, I strengthen new, healthier ways of living. Step 7, for me, is less about becoming perfect and more about becoming willing, one day at a time.

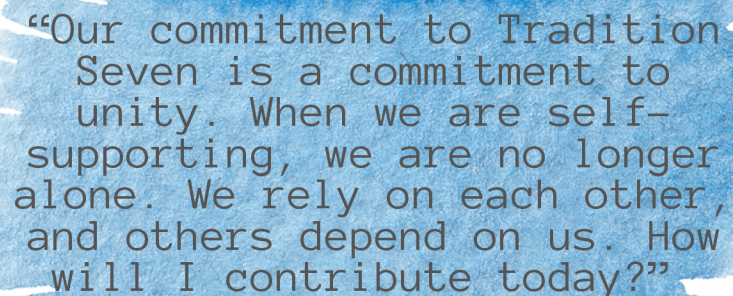
## Tradition 7: Every group ought to be fully self-supporting, declining outside contributions.

On a recent road trip with a friend, I was mindful of Tradition 7 and made sure I was fully self-supporting. I bought dinner for the driver the first night to contribute for my portion of the gas. On the way home, I tucked cash into my friend's wallet to pay for gas.

Tradition Seven, on a personal level, means to me, I am willing to take responsibility for this place I've gotten myself into. It also means taking responsibility for the well-being of my group. Am I willing to come up with a list of topic leads, so that when no one has signed up, I might have a handful of leads ready to go?

I was on vacation recently and shared costs equally with the person I was traveling with. We went out to eat with some other friends and we each paid for our own meals.

Tradition 7 reminds me that our fellowship is fully self-supporting, we take care of ourselves. It takes all of us giving what we can to keep our meetings, groups, and fellowship available for the next person seeking recovery. I've heard it said that Tradition Seven is about "people, ideas and money". As an active member of Nar-Anon I strive to do all 3. I contribute financially through a recurring contribution to the World Service Office. I also give of my time through service to my home group and my Region, and I contribute by sharing my ideas and experience in our service committees.



“Our commitment to Tradition Seven is a commitment to unity. When we are self-supporting, we are no longer alone. We rely on each other, and others depend on us. How will I contribute today?”

P-136 Tradition Seven pamphlet

One of the spiritual awakenings I've experienced is that the Seventh Tradition isn't just about supporting my Nar-Anon group; it's also a principle I can practice in my own life. Becoming fully self-supporting is an expression of self-respect, personal responsibility, and trust in my Higher Power.

As I detach with love from my loved one's financial struggles, I am learning to take responsibility for my own financial well-being and keep my side of the street clean. Recovery is teaching me that I am worthy of goodness flowing into my life. This includes my work, my finances, and the opportunities my Higher Power places before me. Accepting financial blessings isn't selfish; it is an act of self-worth and trust that I deserve the same care and abundance I wish for others.

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

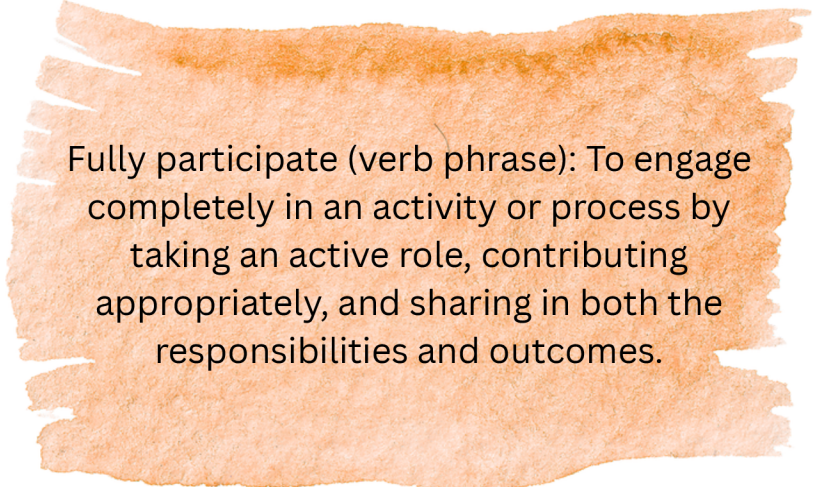
Concept Seven means I take responsibility for helping to create and maintain the kind of group that I want to be a part of, and yet I don't dominate it or control. If I have a concern about a matter on the table in my group conscience, I'm willing to use my voice and be a part of the decision-making processes.

I was at my home group's Group Conscience and something was brought to the floor that I feel strongly about. I was nervous to share my view point because it seemed to go against what most of the members were sharing. Concept 7 helped me remember that I have a responsibility to share my view point, even if my voice was going to shake as I shared. A quick prayer "God, please give me the courage to share what you would have me share" led me to speaking up.

I am starting the home buying process for the first time. I don't have a partner, but I do have a minor child living at home. Concept 7 in action looks like me asking for my child's input in this process. She is a part of the service body and I have a responsibility to allow her to participate in the decision making process.

Concept 7 reminds me that the responsibility for our fellowship doesn't belong to a few—it belongs to all of us. Every member has both the opportunity and the responsibility to participate in the decision-making process. I do this by attending my home group's Group Conscience where I listen with an open mind, ask questions, and share my experience and ideas. No one voice determines the outcome. As we bring our different perspectives together and seek the guidance of our Higher Powers, we find a balanced group conscience that promotes unity and best serves our common welfare.

Concept 7 means outside of my group means when I go out to eat with a friend, we both get input into the decision. We both bear responsibility so neither should make the decision and neither should abdicate the responsibility of suggesting a restaurant or food type, saying "I don't care." - both should fully participate.



Fully participate (verb phrase): To engage completely in an activity or process by taking an active role, contributing appropriately, and sharing in both the responsibilities and outcomes.

# SPONSORSHIP HOUSEPARTY

HOSTED BY THE ROCKY MOUNTAIN REGION  
WWW.NARANONRM.ORG

## THE COURAGE TO CHANGE

From Breaking the Cocoon  
to Soaring into Sponsorship

**DATE:** August 22<sup>nd</sup>, 2026  
**TIME:** 10am-1pm (MDT)  
(9am-12pm PDT) (11am-2pm CT)  
(12pm-3pm EDT)

**HELD IN THE RMR VIRTUAL MEETING ROOM**

[sponsorshipcommittee@naranonrm.org](mailto:sponsorshipcommittee@naranonrm.org)

[RMR Virtual Meeting Room](#)  
Click here to enter

# Growing in Service

PRESENTS A 12 WEEK WORKSHOP SERIES

## Sponsorship:

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

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

**TUESDAYS 4 PM MDT**

[RMR Clubhouse](#)  
Click here to enter

[www.naranonrm.org](http://www.naranonrm.org)

**JUNE 9, 2026**  
(FIRST MEETING)

**ROCKY MOUNTAIN NARATEEN**

**TUESDAYS @5:30 MT**

email:  
[narateen@naranonrm.org](mailto:narateen@naranonrm.org)

Join us





### 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](mailto:naranonelle@gmail.com)



### INFO SESSION #2 2027 NAR-ANON WEST COAST RECOVERY CRUISE #3

DATE: SEPTEMBER 13, 2026  
TIME: 5P (PT)- 6P (MT)- 7P (CT) 8P (ET)  
WHERE: RMR VIRTUAL MEETING ROOM



Website: [www.naranonrm.org](http://www.naranonrm.org)

Refresh Your Spirit  
Renew Your Recovery



Join us for another great info  
session! Live Q&A

Email: [cruise@naranonrm.org](mailto:cruise@naranonrm.org)

### WORLD SERVICE LITERATURE COMMITTEE FELLOWSHIP REVIEW

# ROUND TABLE



Nar-Anon 4<sup>th</sup> Step Workbook: A  
Collection of Inventories - PART 2

**ONE LAST CHANCE  
TO SHARE YOUR  
INPUT**

Sunday, July 12, 2026

11:00 AM EDT | 10:00 AM CDT | 9:00 AM MDT | 8:00 AM PDT  
6:00 PM MSK | 4:00 PM BST | 3:00 PM GMT

Zoom ID: 854 5565 7047  
Passcode: 249477



Have a question?  
Email [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org)



Have a question?  
Email [LitCom@nar-anon.org](mailto:LitCom@nar-anon.org)



Nar-Anon 36 Tradition Seven



### WORLD SERVICE LITCOM FELLOWSHIP REVIEW ROUNDTABLE

SUNDAY AUGUST 9, 2026

12:00 PM EDT | 11:00 AM CDT | 10:00 AM MDT | 9:00 AM PDT  
7:00 PM MSK | 5:00 PM BST | 4:00 PM GMT

Zoom ID: 854 5565 7047  
Passcode: 249477



# Rocky Mountain Region NFG Meetings

(times are all MT)

<b>Sunday</b>	<b>11am</b> Partners in Nar-Anon Virtual Clubhouse	<b>6pm</b> Happy, Joyous & Free 2122 S Lafayette St Denver, CO		<b>7pm</b> It Starts With Us Main Meeting Room	
<b>Monday</b>	<b>11am</b> Monday Miracles Virtual NFG Main Meeting Room	<b>7pm</b> Been There, Done That ZOOM ID: 361 212 1212 PASS: BTDT!	<b>7pm</b> Monday Grace Boulder 1001 13th St, Boulder, CO	<b>7pm</b> It Starts With Us Main Meeting Room	<b>7pm</b> Highland Ranch Hopefuls (Hybrid) Virtual Clubhouse & 9203 S University Blvd, Highlands Ranch, CO
<b>Tuesday</b>	<b>11am</b> SESH Colorado Main Meeting Room		<b>5:30pm-7:30</b> Solo Por Hoy (Spanish) Hilltop Community Reources 540 South 1 <sup>st</sup> St Montrose, CO	<b>7pm</b> It Starts With Us Main Meeting Room	
<b>Wednesday</b>	<b>6am</b> Sunny Side Up Main Meeting Room	<b>11am</b> Moms Offer Moms Serenity Main Meeting Room	<b>12pm</b> Wednesday Noon Denver Hybrid Clubhouse & Highlands Church 1700 S. Grant	<b>7pm</b> It Starts With Us Main Meeting Room	
<b>Thursday</b>	<b>11am</b> We Begin Here Main Meeting Room		<b>6pm</b> Rocky Mountain HOW ZOOM ID: 853 0329 6440 PASS: 603857	<b>7pm</b> It Starts With Us Step Study Main Meeting Room	
<b>Friday</b>	<b>11am</b> Freedom on Fridays Main Meeting Room	<b>7pm</b> Friday Night Wheat Ridge 8235 W 44th Ave, Wheat Ridge, CO		<b>7pm</b> It Starts With Us Main Meeting Room	
<b>Saturday</b>	<b>10am</b> Boulder Basics Hybrid ZOOM ID: 839 1264 9298 PASS: 971962 1370 Forest Park Circle, Lafayette, CO	<b>7pm</b> Saturday Serenity Hybrid 1801 Sunset Pl, Ste B, Longmont, CO & ZOOM ID: 856 0158 6741 PASS: 0902133		<b>7pm</b> 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](mailto:newsletter@naranonrm.org). Each submission must be accompanied by a signed release form before it can be published.

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

NEED HELP?

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