



The 12th Step Process in Nar-Anon

Rocky Mountain Region Nar-Anon 2026 Survey Report

Survey Conducted May-July 2026

Prepared by: RMR Chair, Vice Chair, and Outreach Chair

CONTEXT

Why this survey was conducted.

Outreach, growing our meetings, and helping our members deepen their recovery has been a focus of the Rocky Mountain Region of Nar-Anon this year. Our big question when we wrote this survey was to find out how people in the region progress in their Nar-Anon journey. With this knowledge, the region, groups, and even individual members could take more informed action to live out Step 12. It would also help us to fulfil our primary purpose if we could know from other members how they were welcomed, encouraged, and supported in Nar-Anon. We asked our region to share their experience, strength and hope with us so that we could all learn from each other.

RESPONSES

Over 110 people responded to the survey, answering the questions completely anonymously. Some people answered all the questions, some not all the questions, but everyone gave their ESH for the region.

CONTENTS

The questions were created to follow a member through the stages of involvement with Nar-Anon and their own recovery.

OUR HOPE

This information is provided to you so that you, your group, your region, your sponsees, and your friends can do what we do in 12 Step programs and learn from the experiences of your fellows.



HOW WE WORKED

The Questions

We crafted a range of questions designed to gather diverse information from members. Our aim was to provide both numerical data and stories or lists detailing what has been effective. Through the responses we could track how the average member in the Rocky Mountain Region floowed their own path in Nar-Anon.

LISTS AND STORIES

Some of the questions were open-ended. Members could write whatever they wished. From these responses, we can see what worked to bring people to the program, help them feel welcomed, moved them towards service, and aided them in working the steps, getting a sponor, and being a sponsor.

DATA

It is always important to know some basic data about our members incuding: meeting attendance, step work, sponsorship, and the use of program-based tools. The charts and graphs will clarify who is in our region, what we are doing, what we find useful, and where we are in the working of the program.

APPENDICES

At first we thought we would condense the long stories and lists into actionable bullet points. We realized that the responses were so impactful and important that we included the majority of them in the appendices at the back of the report becasue we felt that reading them was vital and life-giving.



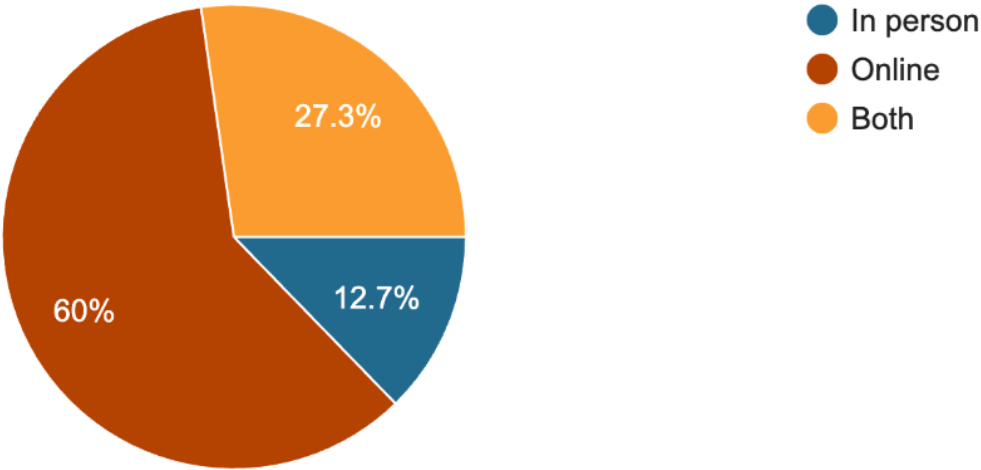
RESULTS

Who are we?

Members in the region attend online meetings, but a large percentage also attend in person meetings. We have a small but strong minority who are in-person only.

Members' time in Nar-Anon ranges from one day to 51 years with the most common response being one year and most people between one and five years.

I attend meetings
110 responses



GROWTH OPPORTUNITY

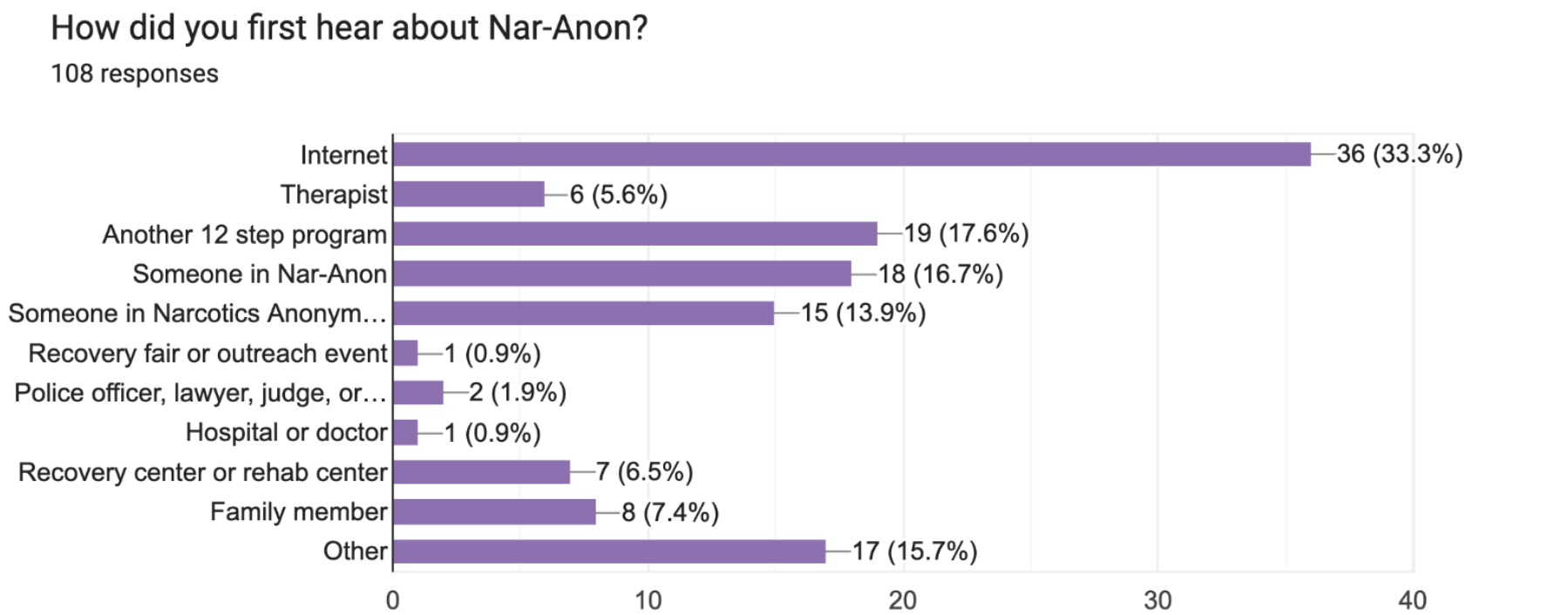
Having a region active in both online and in-person recovery groups, we can to foster cross-pollination between them. We can maximize this benefit by encouraging cross-participation in workshops, speaker events, etc. Through encouraging individuals to attend meetings in their local area, even if it's outside Colorado, we can increase in-person participation and help to grow the in person meetings. By inviting members from our in-person meetings to joinonline meetings we can give them more variety.



RESULTS

How did we get here?

*For folks who answered other:
Friends ranked first in 12th stepping us into program followed by
online researches like Google search and the Facebook page.
Coworkers sent some of us and someone even found us in the
newspaper back in the day!*



GROWTH OPPORTUNITY

Our website is the single biggest outreach tool we have. People in other programs send us a lot of members and members of our region 12th step a good number of people into the program. We can to grow awareness in the rehab and treatment center community as well as in the legal system and health care system.



RESULTS

How did we feel at our first meeting:

Members felt such a range of emotions that we included the responses in Appendix One in the back of the report. Please read them for the full experience. Having read the stories, groups and individuals can shape how we treat newcomers.

Why we keep coming back:

Members came back because of us, the people, and what we did. This means the converse can also be true, people may *not* have come back because of something we did or did not do. Reading Appendix Two at the back of the report can inform our actions and behaviors in meetings, doing outreach, and speaking to new members.

GROWTH OPPORTUNITY

Obviously, Higher Power is in charge! But, we can *be* the message we want to carry. We can attract by living along spiritual lines and practicing the 12 steps, traditions, and concepts of service in all of our affairs.

THE NUMBERS

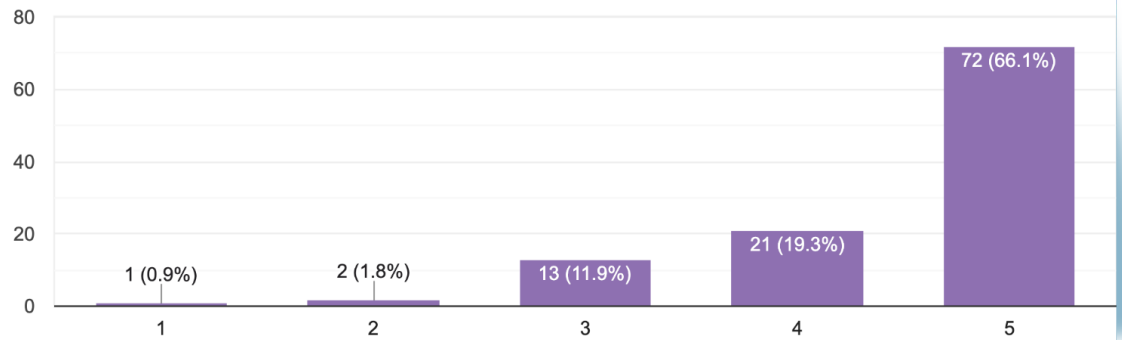
What we feel is important:

66%

Found literature important to their program
We need to be helping the other almost 40% to find and use our literature as part of their recovery.

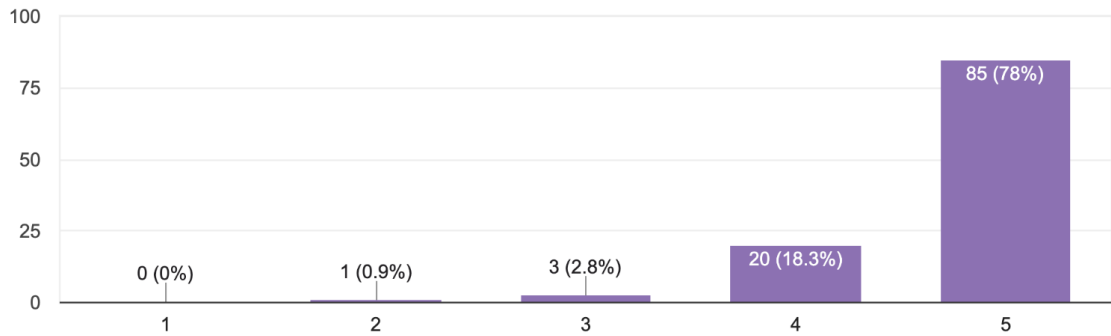
How important do you feel Nar-Anon literature is in your recovery? (1 is the least and 5 is the most)

109 responses



How important are meetings to your recovery? (1 is the least and 5 is the most)

109 responses

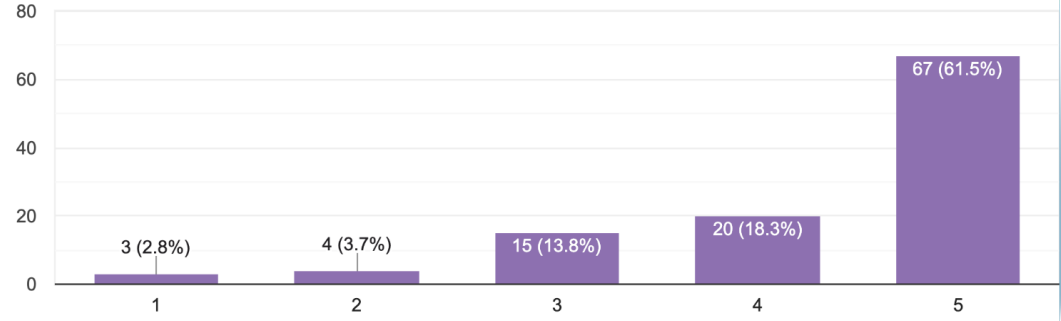


61 %

Found program friendships important. It is hard to pick up the 1000 lb phone but as active members we may need to reach out and bridge that gap with newer or less outgoing members.

How important are your program friendships to your recovery? (1 is the least and 5 is the most)

109 responses



THE NUMBERS

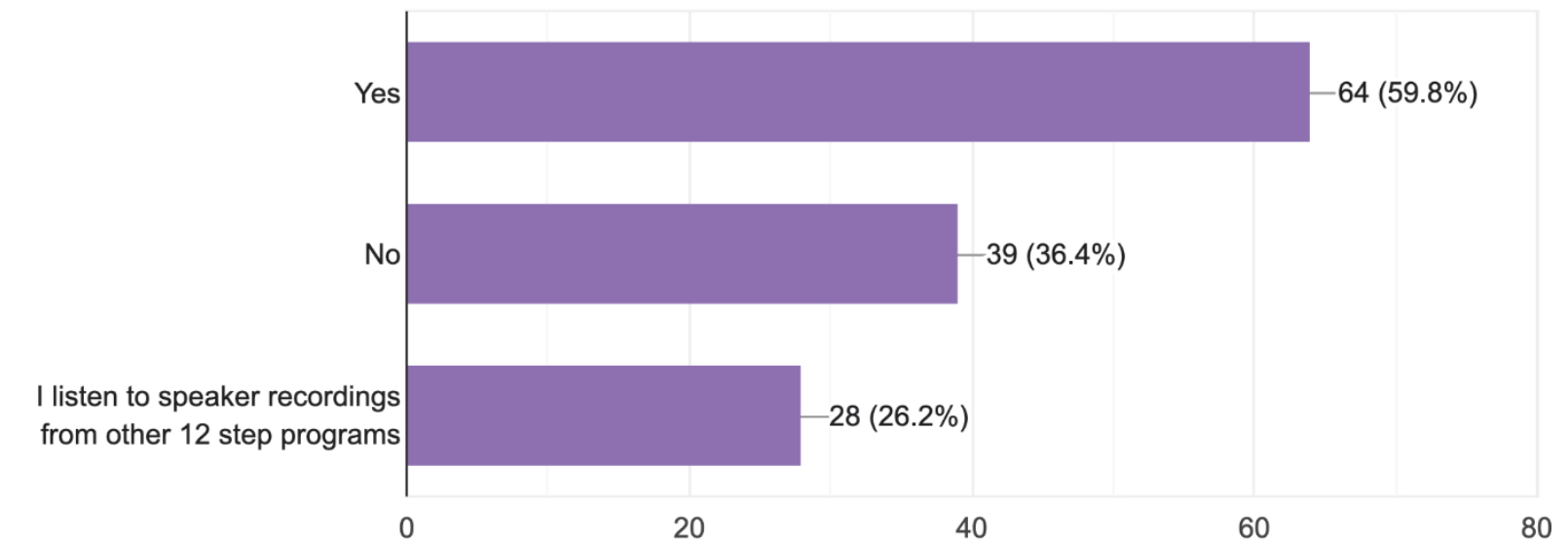
Speaker Recordings

36 %

Over 36% of our region is not accessing one of the most valuable resources on our website.

Do you listen to Nar-Anon speaker recordings?

107 responses



GROWTH OPPORTUNITY

We can guide members to the events and individuals whose recordings are there. We can also make other regions aware of this resource.

To find the recordings go to:

<https://naranonrmr.org/recovery-speaker-recordings/>

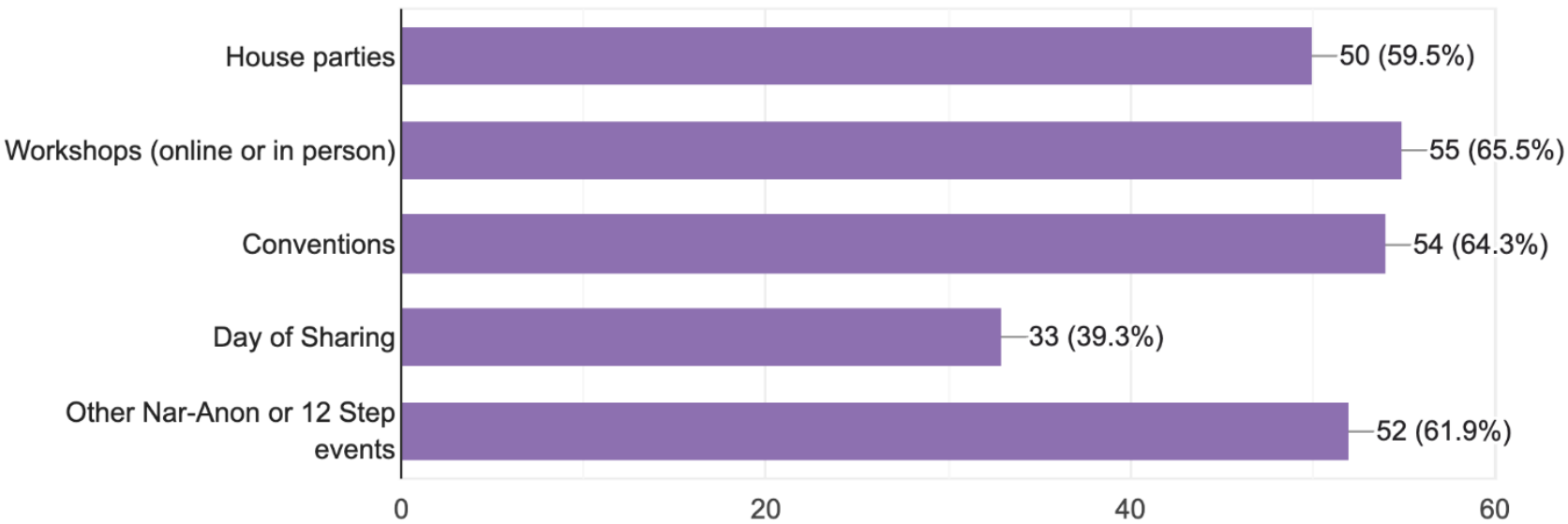
THE NUMBERS

Events

Our meetings are cross-pollinated when members go to Nar-Anon Regional or World Service events. We meet people in other groups, share our experiences, are able to find sponsors, friends, and resources we did not know about before.

Have you attended any Nar-Anon events outside of your meeting?

84 responses



GROWTH OPPORTUNITY

Supporting and sharing regional events, inside and outside the region, strengthens our members, groups, and recovery. We can share outside our region by reaching out to other regions or providing digital flyers to World for inclusion on their website and social page. We can also encourage our members to attend events hosted by Western Regions, World Service, and other regions.



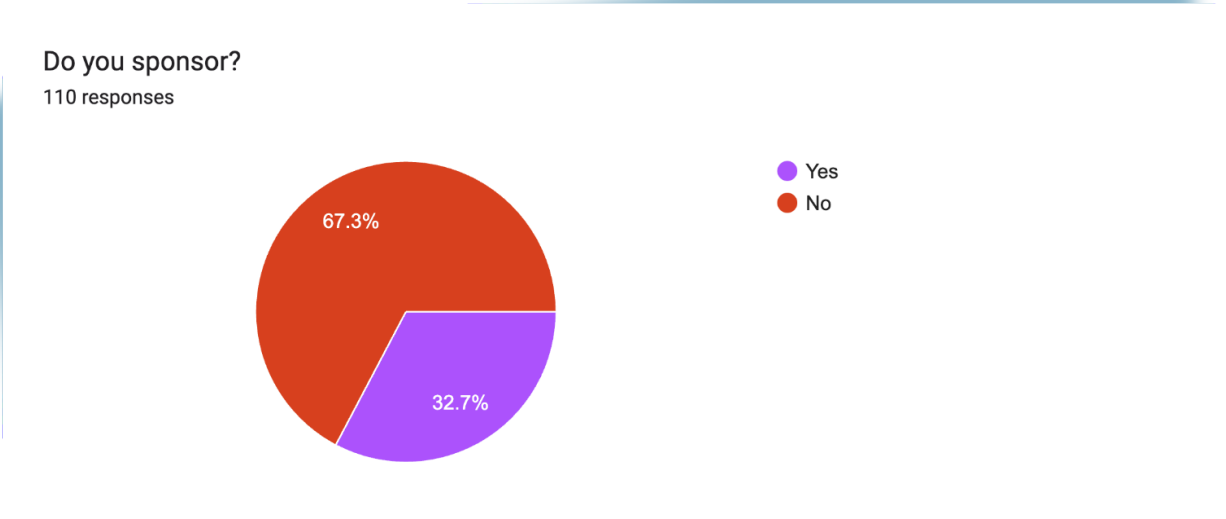
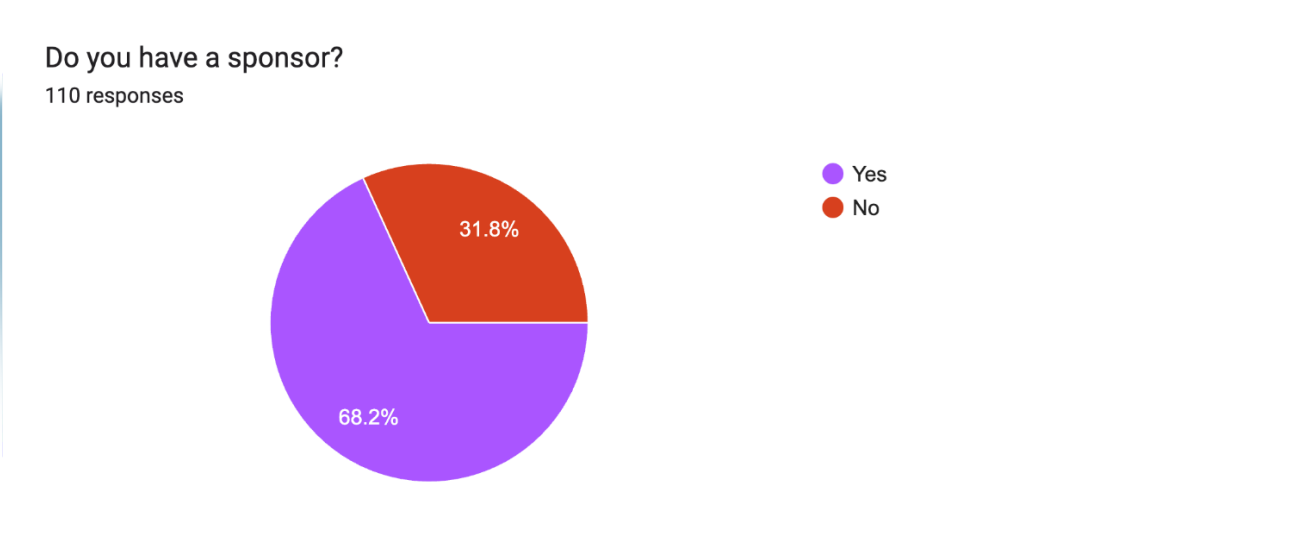
THE NUMBERS

Sponsorship

68% *Have a sponsor.*

There is fear about asking people to sponsor us. Some groups don't have available sponsors, and some people have had a few "no's" before they get to a "yes."

Read Appendix Three at the back of the report for all the success stories about how members got a sponsor.



33% *Sponsor Others.*

Giving back to the program that has brought us so much is part of our recovery. Becoming a sponsor is necessary if that almost 32% of people who do not have a sponsor are going to get one.

Read Appendix Four at the back of the report for insight to becoming a sponsor.

GROWTH OPPORTUNITY

Sponsorship is crucial to individual success in the program and we can make it easier to find a sponsor and become one through the information in Appendix Three and Appendix Four at the back of the report. Knowing what people did that worked can help us to make ourselves available in the right places.



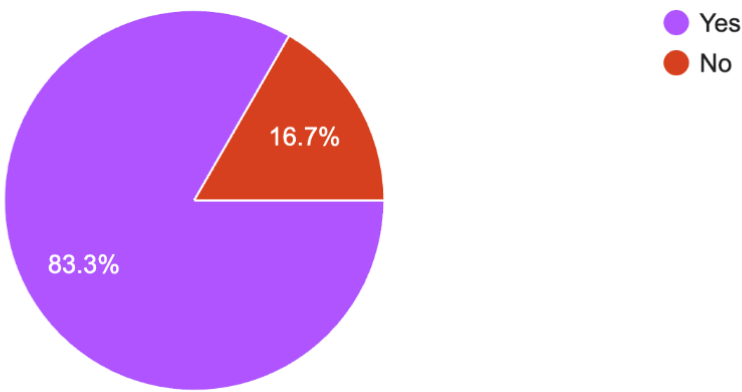
WHAT WE FOUND

Service

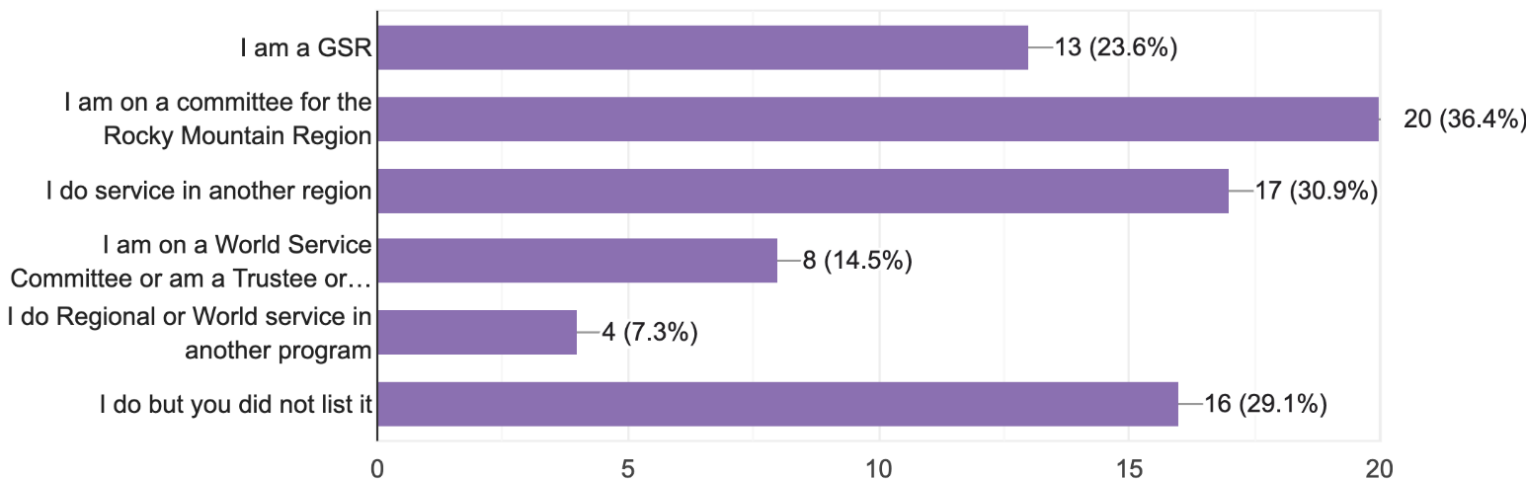
At the group level

In order to encourage other members to do service in Nar-Anon, take a look at the Appendix Five in the back and see all the ways members started their service journey. Being asked individually was the most common way people got involved. Helping members to understand what service does for their recovery was also a common theme.

Do you do service in your meeting (do readings, help with set up, have a service position, greet people etc)?
108 responses



Do you do service above the group level?
55 responses



Above the group level

Since we did ask for respondents several times at the RSC meeting, this data may be a little skewed. We are proud our members do so much outside of their groups to support Nar-Anon. We are looking to bring more members into regional and world service positions to encourage rotation of service.

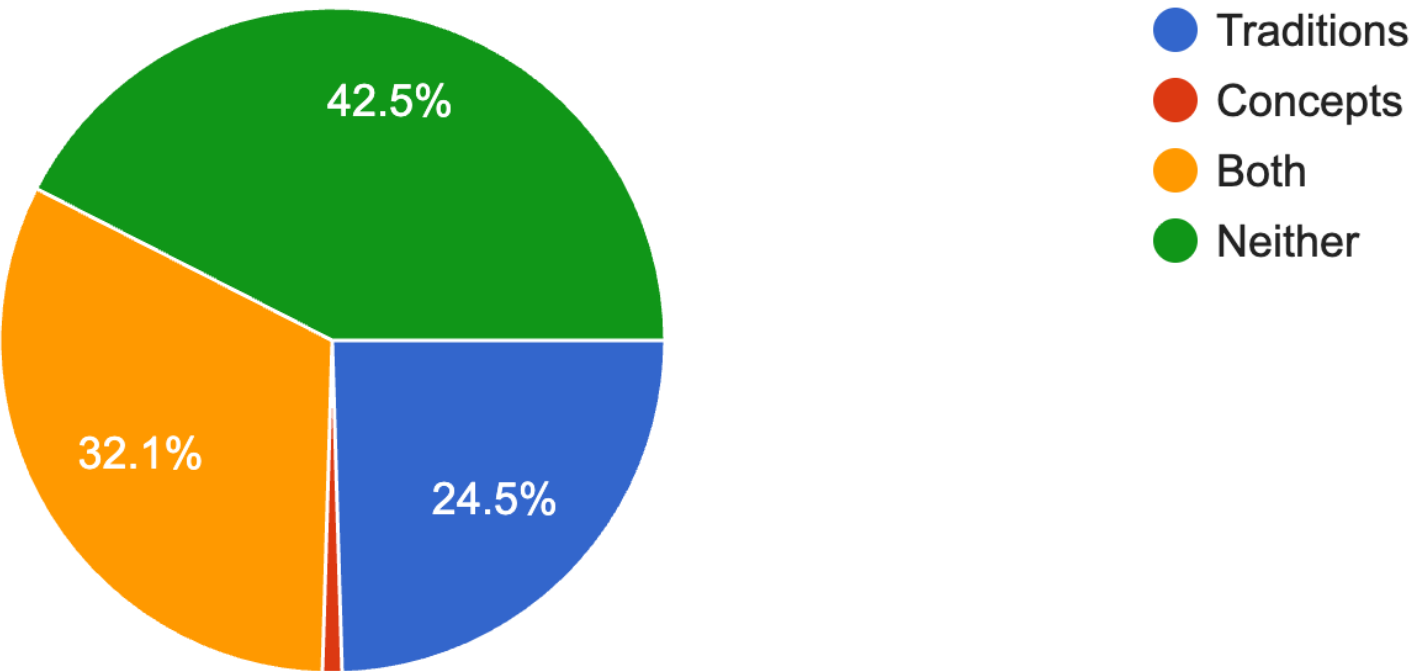


WHAT WE FOUND

Traditions and Concepts of Service

Our members are studying the Traditions and/ or Concepts of Service at a rate of a little more than 50%. That is an amazing number but we know from anecdotal conversations that some groups in the region do not have the resources to do this in their meetings and are hungry for more inter-group coordination to help bring the Traditions and Concepts to more of the region.

Have you studied the Traditions or Concepts?
106 responses



GROWTH OPPORTUNITY

With the data showing high interest in this leg of our program, this can be a huge tool of attraction encouraging cross-pollination between groups. We need to make ourselves available individually to these groups - not just offer workshops.



WHAT IT MEANS

The Nar-Anon Journey

Outreach and carrying the message means helping people find Nar-Anon, join a home group, get a sponsor, work the steps, become a sponsor, and find new ways to engage in the service structure. At every juncture we, as groups and individuals, can live out our primary purpose by supporting and encouraging each other.

FINDING NAR-ANON

First, *we* are the biggest reason people come to the program. Help them find us by letting people know we exist.

Our website guides people to groups. We can focus our efforts for growth through the lens of a newcomer, starting with the front page experience. Through answering immediate questions, such as how to get started, and formatting content in a way that speaks to the newcomer experience we can 12th step with the website.

Building relationships with treatment centers, other programs, health care workers, and the criminal justice system are important to getting the word out.

Nar-Anon RMR 22026 Survey Report

OUR GROUPS

Groups do not need to be beginners' meetings to reach newcomers.

Reading through the survey comments reveals just how important guiding a newcomer is. Through our experiences we see how scared, overwhelmed, and confused we were when we came in the door. With this knowledge, we can encourage and uplift the newcomer through compassion and comfort.

We can be a testament to the success of our program and show our fellows a clear path forward. And as newcomers become more adjusted to Nar-Anon, we can keep helping them grow by explaining sponsorship, service, and the steps.

SPONSORS

Sponsorship is an integral part of Nar-Anon and the recovery of every member. We need sponsors to work the steps, and this is a step-based program.

Bottom line, we need more sponsors in our region.

A culture of sponsorship is necessary to grow members, groups, and the region. There are groups who want to do this but don't have members who have worked the steps with a sponsor so interaction between groups is paramount.

Again, offering workshops is good, but this program is built on individual interaction and we need to branch out and help those without sponsors in their groups.

SERVICE

Members may not be aware that selfless service and living the Traditions and Concepts are the next steps in recovery. Groups and sponsors are the key to members finding their way into deeper recovery and service is the way we keep growing.

Encouraging service can be done through talking about different service opportunities, through direct invitation from a sponsor, Nar-buddy, or committee, and through encouraging the study of the Traditions and Concepts.

When we talk about service, we can talk about what that means for each of us and how it impacts our overall lives to be of service to the fellowship.



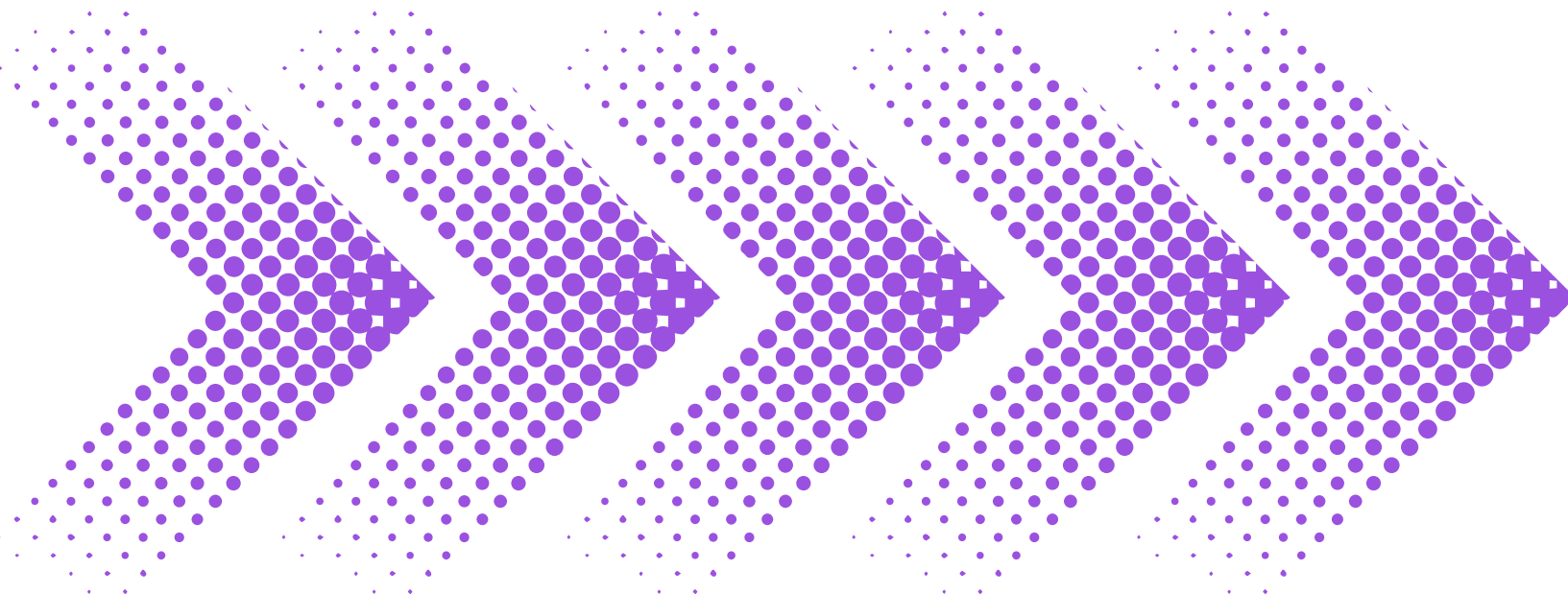
This is a lot of information. What now?

01 Read the Appendices

The wealth of information gained from this survey is invaluable. Take advantage of the guidance Higher Power can give through our region's responses. Do this as an individual or with your group.

03 Individual Inventory

What am I doing to live out the primary purpose of helping families (and friends) of addicts? What can I learn from the experience of others that can shape my 12th step work?



02 Group Conscience

Discuss the ways you are currently living out the 12th step and 5th Tradition and what you might do differently based on the data in this report and the expression of a loving Higher Power.

04 Get Involved

Nar-Anon is a young program but we have so many opportunities from the group to the world level. What does your Higher Power say? Could you sponsor? Give time to a committee? Call a newcomer? If your group wants help moving forward, reach out to the region and let us know. If you have ideas to build our presence, reach out, or make community connections please contact the Outreach Committee Chair.



RMR 2026 SURVEY APPENDICES

This document was changed only for spelling and punctuation and to remove duplicated answers or answers that did not pertain to the question.. We did remove names if someone used an individual's name. We left the messages from Nar-Anon members as close to how they wrote it as possible. There is so much hope in these replies. Enjoy.

Appendix One

HOW I FELT AT MY FIRST MEETING

- Supported
- Relieved
- Scared
- Understood & relieved & the continuous support & kindness of others
- I was crying, people were very kind, let me share openly, I felt safe
- Angry and apart from, but curious enough to stay.
- I experienced a sense of belonging and awe, but also anxiety. I cried. I was relieved. I was scared. I had a mix of emotions.
- Felt like I was home, cried the entire time (more like the entire first ten times or so)
- At home
- It was too long of a meeting
- I felt not alone and could relate, I felt understood and less crazy or as crazy as others had also been dealing with addiction. I was emotional.
- I logged onto my first Nar-Anon meeting feeling completely lost. I didn't know how Zoom worked, so even the basics muting, unmuting, seeing who was talking felt overwhelming.
- Was a little nervous then after hearing shares I shared and everyone was so caring I cried and it was an in person meeting and I kept going back until it went online.
- Looking for help for my daughter and didn't see how the meeting would help.
- All of the above
- Scared, nervous, I wasn't sure what I was expecting, I cried, everyone was so welcoming, I was terrified I had to talk
- I was extremely anxious at the 1st meeting. After the meeting I was relieved and felt better

- Despatate
- Relief
- Relieved, surprised, knew everything I heard, ew I had landed in the right room
- Home
- Kept my video off at home and did not respond to the newcomer's welcome; I was anxious, curious, knew I needed help, and was very much isolated in the woundedness of addiction. I must have heard keep coming back and maybe "try it six times before you decide."
- like people were speaking right to me. telling my story!
- anxious A few people were very kind, however, some were standoffish.
- I was desperate to not feel how I was feeling anymore and was willing to do whatever it took to make that happen.
- relieved, hopeful, less alone
- I was immediately welcomed with open arms and hearts. I felt like I found a safe space and could open up and share my experience. I no longer felt alone.
- I was curious and angry. I was met with support.
- Anxious and confused by members' happiness
- Anxious and confused as to why all of the people in the meeting seemed happy.
- Nervous
- At home
- humbled and relieved
- Anxious, and was 12th stepped when I cried and went on and on when I shared.
- I was scared and nervous. I cried most of the meeting.
- I felt I was no longer alone, that there were other people struggling with the same kinds of things as I was. I felt a sense of hope.
- I cried and cried and poured out my heart, my fear, my situation. I felt welcomed and heard and seen.
- Comfort and a welcoming atmosphere
- Best family group ever
- Flabbergasted
- Anxious, in crisis.
- Sadness but comfort in knowing I was not alone on this journey and there was a new design for living available through step work.
- Overwhelmed, people were welcoming, I wasn't alone anymore
- Embraced, understood & encouraged. The in person group in wheatridge is incredible. Naranon has changed my life! I still attend. My start date was 7/21/2023.
- at home
- Curious
- So relieved. It felt like home!
- relieved
- people were kind
- relieved
- I don't remember

- Anxious, relieved, felt comfortable and comforted. Felt like I was hearing stories very like my own. Overwhelmed by this realization. Overwhelmed with my own emotion over my own ALO. This group, more than others I've been to, feels like my people. I am going back as often as possible.
- Relieved to find support
- EVERYTHING SOUNDED CRAZY, BUT SO WAS I
- I was embarrassed by the condition of the meetings. No discussion of sponsorship, the steps, traditions, or a Higher Power.
- I was very anxious, weepy and confused. This was a very small in-person meeting and the members were kind.
- Relieved but guarded
- I cried and at home and anxious
- I cried but felt comfort in community
- Skeptical ; too good to be true
- anxious, in chaos, hopeful, people were kind, I cried for months
- Anxious
- I finally felt safe and understood.
- A mix of emotions - people were welcoming and I felt supported
- My people
- Everyone was calm and collected. I wanted what they had.
- Yes
- anxious
- I felt at home.
- I fell asleep and knew I was where I needed to be. I hadn't been sleeping well.
- I cried relentlessly
- I was very frightened for my addict. I found comfort in my first meeting and continue to.
- I felt welcome right away and didn't feel alone anymore
- people were kind. seemed to be the right 12 step program for me
- I was very upset, and I was confused. I had been to another support group, and the format was so different. My qualifier had just gone to rehab, and I had so much to figure out on my own. People were kind, but I don't think I was ready then. I had to survive those moments, and it was like my brain couldn't comprehend the message. I decided for a time to meet with my therapist more often and try again later.
- Relieved that I was no longer alone. That there were so many other people in the meeting. I felt comfortable sharing.
- Welcomed , seen, heard and supported
- Desperate, sad, lost, in need of support, welcomed
- Cried
- Self-conscious, upset, angry, confused, but also welcomed and felt immediately invited to be part of a group
- Nervous, surprised at how much I had in common with people who had different relationships with their ALOs
- Overwhelmed and scared
- Uncertain, but everyone was welcoming

- Anxious, but hopeful. The people were kind and really glad to see me.
- Home
- Anxiety & fear turned to relief, and feelings of comfort and excitement especially during the after-meeting.
- Exhausted. I layed in bed with the camera off. Tears rolled down my face. I was numb but I heard people explain their esh and felt relieved I wasnt alone.
- releif
- I cried the entire meeting. Actually I think it was the first couple meetings.
- Relief
- People were kind
- Too much cussing for a public forum.
- I was scared and confused. I cried a lot. But, I found reasons to keep coming back. I wanted to believe that I could be okay, no matter what my addicted loved one decided to do. Everything sounded so painfully obvious yet I couldn't relate. I couldn't imagine being okay if my loved one wasn't okay.
- I felt that I had finally found people who understood the chaos I was experiencing.
- Although I was anxious, I immediately felt comfortable, understood and knew it was a safe place to discuss my addicted loved one. It was a very welcoming experience.
- I felt like I was doing the only thing I knew I could do
- Relieved, at home, nervous about a different approach
- Anxious , shy, mixed up
- Relieved
- people were kind. seemed to be the right 12 step program for me
- I was scared and confused. I cried a lot. But, I found reasons to keep coming back. I wanted to believe that I could be okay, no matter what my addicted loved one decided to do. Everything sounded so painfully obvious yet I couldn't relate. I couldn't imagine being okay if my loved one wasn't okay.

APPENDIX TWO

What action or experience helped you keep coming back?

- The people
- I knew I needed it & the people were key for me.
- I needed something to anchor me and support me. I kept coming back to my home group meeting too because other people came in for their first meeting and it's good to be there for others.
- The happiest person in the room who had suffered a terrible tragedy a.k.a hope.
- I realized I found where I belonged. I needed to keep coming back to continue to feel that feeling.
- Being with people who have experienced what I am going through, realizing I am not alone
- The people, and I knew I was no longer alone
- Relatable
- people told me to, desperation made me need to not feel alone in this.
- I kept coming back because after attending a few meetings, I landed in a very unhealthy meeting. At the time, I didn't understand it was unhealthy. The cross talk and addict updates felt normal and were actually what I needed in that moment. It took about a year for me to realize I wanted something different, and that's when I started gravitating toward healthier meetings.
- Fun
- Being around people that were going through the same thing as I was and approached me to come back and take numbers
- Wife said we should keep coming back.
- I needed it
- I keep coming back because it helps to reinforce the things I need to think about daily in my life to help ME cope with my addicted loved one. The people in the group also make it easy to keep coming back.
- The people, and not feeling alone
- Needed it
- Everything I heard hit home and I knew I wanted more. The community made me feel a part of something bigger than myself.
- Bonzo helped me keep coming back
- A Saturday night speaker described feeling suicidal and homicidal and that those things were part of the insanity of addiction. I was amazed that she was so vulnerable, and that she felt safe to share such intimate truth.
- The information provided to help me learn how to handle my emotions regarding addiction.
- I hear the things I need to hear, it helps me to face reality. My sponsor, my narabuddies. They are like actual friends
- The fear of my nephew dying and how to cope. Hearing the 3 C's within a few weeks, really helped.

- The tiniest bit of relief I felt from just attending the first meeting and listening to people speak who, based on what they were sharing, obviously understood what I could not explain to those around me.
- people were welcoming
- The people, meeting material and structure has kept me coming back. Attending the meetings makes me feel good and I'm learning new ways to live a healthier life.
- The people
- Members kept asking me to come back
- Curiosity.
- People in in-person meetings
- They said try it for 5 weeks then decide.
- All of it
- i knew i needed it, and found a group i was most comfortable with
- Someone direct messaged me in the chat, the people, the recovery, the laughter and smiles
- Someone recommended that I try 6 meetings.
- I knew I needed help. I had read online that it was suggested to come to six meetings to see if the program was right for me. The literature offered me specific answers to questions for the things that were happening in my life. The pamphlets gave me helpful and useful information.
- I know I needed it. I kept ending up in unhealthy relationships and I wanted to heal, get better and feel more at peace.
- The meetings and people gave me hope
- Family members
- Astonishment
- Welcoming, and asked to come back.
- The people who offered comfort and welcome.
- I needed program
- The sharing and the readings. Offered sponsorship
- people encouraged me to
- Not feeling alone
- The people in the group - kind, relatable, nonjudgmental and making no demands on me
- people, realized I needed it
- the people
- It's helped me
- The knowledge of the program, the people themselves. I definitely need it. I am very new to Nar-Anon so some of the following questions concerning steps, traditions, sponsorships are things I want to work on, just have not had the chance to. Also, I've read the Al-anon big book which helped me immensely esp in Nar-anon.
- I needed support to understand me and my ALO
- ACCEPTED THE SUGGESTION OF 90 MEETINGS IN 90 DAYS.
- Listening
- I continued to attend this small in person meeting as I knew I needed help. However, it did not feel like the right fit for me, but there was no other meeting in my area that I was

aware of. I was referred to ISWU RMR and felt at home immediately and have attended nearly daily for almost a year now. I am grateful to call them my home group and have received and learned so much.

- It was helping me.
- Not feeling alone and feeling welcome and not judged
- No pressure to speak
- Try 6 meetings before deciding; "keep coming back"
- I realized I needed it, Higher Power let me know i needed it, My sponsor was kind & helpful
- Knowing it works
- You all told me to keep coming back, and the topic lead as well as the shares that night showed me that I was in the right place. Also, the safety aspect of it, when I first joined, I was not safe at home, but when I had my camera on in front of you all I was safe. The addict didn't bother me when I was on camera in front of you all.
- Having a sponsor, doing service, outreach
- I wanted what the people in this program had. They laughed!
- The peace I had for one hour in the middle of chaos.
- it helped
- I got relief from the pain.
- I needed to return to recovery and knew this. I started in AlAnon 1999
- Cheryl. It was everyone giving me their numbers. It was people texting to check up on me, saying "make sure to come tonight!". It was the acceptance that I wasn't ok and that was ok.
- I was reminded to keep coming back and I wanted to because it made me feel better.
- The message to keep coming back it works if you work it
- I realized I needed it following the death of my son to the disease
- What brought me back was the affirming nature of so many people, even folks who had lost their children, to the benefits of the program and how much they had learned. Also, what kept me coming back and trying was that people were kind to me when they saw me falling apart.
- I need it and it keeps me in check. Also, to share experiences for others.
- being acknowledged after sharing
- They sent me a blue book with pamphlets and a hand written card. It came exactly a week later and I happened to miss the meeting right before but after the card I set a reminder in my phone for the following week
- Sharing was so good to hear. Wise words shared from others sustained me.
- the people were so invested in welcoming the newcomer. I felt I had found my people. i needed a new way to deal with living with an addict and the meeting pointed the way for me.
- A healthy meeting that follows expected 12 Step protocols.
- I need it
- I was trying to save my marriage, then myself

- I realized I needed a structured program to change the things in my life I had been frustrated with for a long time. I was comforted to know I wasn't alone and there was a program that could help.
- They kept saying it
- members said "you're in the right place", smiled, and said "keep coming back!"
- I stumbled upon Partners in NarAnon RMR. When I found out ISWU met every night at 9pm est it was a good time for me. Absolutely the people. I knew I needed it but what I loved was the steps, traditions and concepts. Hearing member is the highest level and that we don't take money from or lend the name to prevent corruption. It made me respect the program and how it's such a safe space and bucks the norm. Then when I realized the amount of people it took to move in unison to make 7 weekly meetings, workshops and houseparties, committees I was in awe.
- recovery
- Other people's experiences. Realizing I am not alone.
- They kept saying "keep coming back" "you are not alone" this gave me hope
- Non judgmental calling me out
- I realize I need it
- My need
- I needed something to hold onto. I kept coming back because I was curious and still very confused. I heard slogans like "detach with love" and "If I'm not the problem then there is no solution." I wanted to actually get it. I gathered that the point wasn't to vent about my loved one, but I still heard people doing that, but then someone would share about themselves and how *they* (not their ALO) are living in *their* recovery. The members who shared the program message helped me weed through some of the mess. Also, I'm not saying that Nar-Anon members sharing their own mess was even the source of my program confusion. The lens that I was able to see through was based solely on my life experience. That same lens is slightly less foggy almost 1 year in and I want to keep seeking clarity.
- The people and the literature and the fact that there were healthy online meetings
- The people in our group really made me feel comfortable and not judged. I saw the value in Nar-Anon from the first meeting and am still with the program over 5 years later.
- I knew I needed it
- the people, the message, I realized I needed it
- Nice people, know I needed it
- The message and the people
- I grabbed some phone numbers, called 2 people, kept coming back.
- I needed to keep returning

APPENDIX THREE

How did you get your sponsor?

- I was anxious to find help . I found my sponsors by listening to folks at meetings & was looking for someone I felt I'd be understood by & someone who was practising a program & who I got a positive feeling from. I prayed for any nudge or feeling I got from G-d & wanted recovery so I
- was looking for someone who was working their program & someone who I felt was approachable.
- I asked her after I met her at my first in-person convention. It took about a year to find someone I felt a connection strong enough to that I wanted to ask to sponsor me.
- I shared at an after-meeting about my reservations, and my sponsor reached out to respond to those and offered to sponsor me.
- I texted in the chat I needed a sponsor
- First sponsor was the leader of the meeting at that time. Took a year to ask.
- A member referred my sponsor to me, I asked about 4 people, I came in August and in October I started working the steps with my sponsor.
- It took me about five months to ask someone, and maybe another month after that to ask two more people and settle with my sponsor. People knowing what they wanted in a sponsee helped me decide, because I had some sense of what I wanted.
- it took me about 6-8 months to get my first sponsor. 1 year before getting serious about working the steps. Changed sponsors about 60 days ago to someone I've been in touch with since day 1. She had told me a few times before that she didn't have space but when I asked her most recently, she said yes and it's been awesome.
- I heard someone say write down shares that resonate with you and give you hope and the person who said it. The people that you wrote down most often is a good place to look for a sponsor. It was about 2 months before I asked someone. The first person turned me down and I didn't die so I went right into asking the next.
- I heard my sponsor speak in the meeting. I texted them, called, and then asked.
- My sponsor found me
- Someone asked if I had a sponsor, then told me they were available and thought we'd be a good fit.
- I was 3 years into recovery when I heard my sponsor speak at a step retreat and asked if she'd be my sponsor. That was 3 years ago.
- I attended meetings for a little over a year before I asked a member from my meeting to be my sponsor.
- I started attending in person meetings where no one sponsored others. I was talking to my massage therapist and found out that she had been a long time member of AA and also sponsored people in Al-Anon. She agreed to sponsor me even though I was a member of Nar-Anon. I now have a Nar-Anon sponsor from the RMR and am being sponsored using the Nar-Anon materials.

- I am on my third sponsor. Each one was the first person I asked. My first had a life change and had to work and couldn't meet. The second we had an issue and am working with my third.
- First sponsor took about 4-5 months to find. Attended about 4-6 different meetings across three fellowships. Once I found a match, I decided to attend a meeting across town and get to know this person before asking about sponsorship.
- A sponsor was offered during my first meeting.
- It took one year, I interviewed experienced members and chose one
- I asked someone at a meeting
- I BECAME DESPERATE
- It took about 6 weeks for me to ask the person who referred me to ISWU to become my sponsor. I know that having a sponsor and working the steps was going to be the most helpful in my recovery. I was lucky and she accepted, but I have heard that if you ask someone to be your sponsor and they decline, it could be they have too many sponsees already or the timing is not right. Listen to shares see who you resonate with and keep asking until you find your sponsor.
- My sponsor was a Saturday night speaker, and I related to some of her story. I texted her that night after the meeting and asked if we could talk about sponsorship and the rest is history! This was about a month and a half after my first meeting.
- I started with a temp sponsor while I sought out my permanent sponsor, who I met in person at convention and asked while at convention. I had heard her share frequently at meetings and her perspective on life seemed to mirror my own. I felt understood.
- She was running a traditions group in California, she encouraged me to attend many different meetings until I found one that "fit" me. The 12 step california class fits me best, we finish step 12, then start over, the next hour same starting step 1. It is quiet with a small international group. they are comfortable with silence which allows the quieter newcomers to be comfortable sharing since it takes a moment before they feel ready to unmute the mic. ISWU is friendly but can also be chaotic for someone whose nervous system is shot from the disease of addiction. So I 'take what i like and leave the rest" haha.
- I'm on my third sponsor, it took me 3 months to get my first sponsor and I only finished the first three steps. I didn't even work the steps with my second sponsor, she was more like a nar-a-buddy just because I wasn't actually ready. Now I'm in the second half of my fifth year and I'm finally ready to dedicate myself to this work. I heard a nar-a-buddy share that they were talking with their sponsee so that means they sponsor now!! I was so excited that someone I love and trust got to that place in recovery and I wanted more so I asked and she said yes. :)
- I had a temporary sponsor who I found through asking for one in an after meeting. We worked together for a few weeks before they decided they weren't ready to be a sponsor. We remain narabuddies. Shortly after I started asking any and all members I spoke with that had a sponsor, if they would sponsor me. This member reached out during an RSC meeting and we spoke on the phone for the first time after. That was when I asked them to be my sponsor and they have sponsored me now for over 2 years.
- Sponsorship house party!

- I ask in a meeting for a sponsor.
- I found a sponsor quickly. God gave me a speaker with a strong lineage with 12 step recovery.
- They offered.
- I listened to others share. I waited for six months. Then I started asking others and she said yes.
- It took 3 months for first sponsor I'm on 4th sponsor now finally feel i have found a sponsor that can help me peel back the layers of the onion
- 8 months approximately. We became "narabuddies" and then I asked her.
- I listened at meetings to see if someone may be a good fit. It took me several months and two attempts. If the members accepting sponsors could add that with their number would be helpful.
- I got my sponsor by reaching out to someone I'd never spoken to over the phone and asking. I had a temporary sponsor before that. I was asking about sponsors within my first few meetings but no one in the group claimed to be a sponsor. I went to other groups in the region and found the same. When I got to RMR I realized there was sponsorship so I started trying all the newcomer suggestions, visiting different meetings, making narabuddies and asking.
- I wanted to start working the steps right away and I got one within the first two months. I had three men in mind, based on their shares at ISWU. The first of the three whom I asked agreed. to sponsor me.
- I talked in a meeting about needing a sponsor, and she reached out to me!
- Took me 3 years. I met her at the convention. I was scared to ask anyone before that. I felt like I would be a burden to anyone.
- In person meeting, conversation led to similar interests, felt he was a mentor
- I attended 90 meetings in 90 days, took down phone numbers, and started attending a Sunday afternoon Twelve Step meeting. At one point we worked "12 Steps in 12 Days" and one of the steps said that if I had never made amends before that I should discuss it with my sponsor first. So I decided I needed a Sponsor after waffling for 3 or 4 months and I had ideas about how to choose a sponsor because I attended an RMR Sponsorship House Party but I didn't feel a need until that point. WOW did I need a sponsor and didn't know it. I chose someone who reminded me of me but had been in the program longer, worked the steps, and she seemed to understand me. When I asked her if she would be my sponsor she asked that we both pray about it for a week. Of course she did! That's what I had already done! Like I said, she reminded me of me. I was relieved when she agreed and she has met--no, exceeded--my expectations!
- At a Sponsorship Houseparty. She was speaking and I was drawn to her calm assertive energy. I actually spoke and told my story and how I had taken my time making this choice to get a sponsor. I wanted to start working the steps and needed help. That I needed someone who wouldn't sugar coat. I was 3 months into meetings. I shared that I was highly anxious and I'd rather be dipped in boiling water than get rejected and before I texted someone else the woman who was talking texted me asking if I wanted to work with her. This was my first real higher power moment. I had put myself out there and the universe brought her into my life.

- I asked people that I liked their recovery. I should have gotten one a lot sooner than I did.
- I asked several people to sponsor me. The 4th said yes and I started the steps with my sponsor 10 months in. I think it's hard for newcomers to know how to get sponsors and in online meetings the general practice is that we put the responsibility on the newcomers to ask, instead of reaching out to the newcomers to offer to sponsor.
- I found my sponsor after roughly 6 months of attending meetings. She had mentioned that she is a sponsor and she really made it easy for me to ask her.
- It took me a few months and I met my sponsor in a step study.
- I called an old sponsor and she gave me her number and we connected through experience, strength, and hope. I didn't take too long to ask but we talked a few times
- I called one of the group members who had their phone number listed, and was talking to her after my first online meeting. She was kind enough to text me for names of guys in the program that she knew of that would be good sponsors. I called and talked to two of them. One of them is now my Nar a non buddy, and the other is my sponsor. I asked the guy that is my sponsor, if you would sponsor me when I had about 10 days. I ordered the Sesh book, and the naranon 36, I already had a collection of pamphlets and the little blue book. They were given to me at my first in person meeting. Then I started attending my sponsor's home group online, I started calling him regularly, attending meetings almost every day, and adding new material to my morning readings and prayer and meditation. I started to work the first step in the workbook about my third week. I spend six hours a week going over my answers to the questions with my sponsor. We take our time and discuss each question and answer for as long as it takes, and then we move to the next one. Today, I am halfway through with my third step questions. I believe a lot of my recovery so far has happened due to these debt conversations with him, and with myself and God afterwards. The steps work if you work them. I've already experienced a sense of ease and comfort, and more importantly, a better connection to my higher power through doing the work.
- I attended a sponsorship meeting
- I got a sponsor soon. I was in a different meeting. People that were willing to be a sponsor had an asterisk by their name. I asked the person and she said yes! She has been my only sponsor. I'm glad I asked her.
- Not long, they offered
- I started asking after about six months. I wasn't ready before that. I asked two people who said no and my third request got me the best sponsor I could have hoped for.
- Went to a sponsorship house party and met my sponsor
- I looked for 2-3 weeks, and asked two people. Having sponsors/members willing to sponsor identify themselves regularly during meetings might help.

Appendix FOUR

How I became a sponsor?

- Many people were looking for a sponsor so I thought I could take a sponsee through the steps & because program is so very precious to me so I'd like to give that to someone else who wants recovery if I can.
- Higher Power, someone asked me, I wanted to keep working the Steps over and over again.
- Not currently sponsoring, but have before. I worked through the steps before I became a sponsor. I spoke with my sponsor before I started sponsoring to be sure I was ready.
- Others needed help
- Time in the program and being asked to be a sponsor by people.
- I would love to sponsor one day, but I feel I owe it to myself and future sponsees to work an open honest and vigorous program.
- I don't currently have any sponsees yet, but working the steps with my sponsor, being involved in service, and hearing other members share about sponsorship has helped me become more open to sponsoring when the time is right.
- Having a great sponsor and my HP.
- Joining the sponsorship committee and expressing that I was looking. Although I couldn't attend the house party, someone who did referred two people who asked them.
- To be of service and give back.
- My sponsor lovingly told me I had to if someone asked. Haha, but they were right. In order to live in 10, 11, and 12, I HAVE to.
- People kept asking me if I would sponsor them
- People kept asking me to sponsor them, and I figured I'd give it a try.
- Ability to give back.
- My sponsor recommended that I sponsor others.
- My sponsor said I was ready and I wanted to give to others what had been so freely given to me.
- Being on the sponsorship committee and carrying the message to others. I knew I only had to stay ahead of them.
- Working steps with a sponsor, being of service, attending meetings and reading literature on a regular daily basis. When it was time the sponsee - sponsor relationship just worked.
- Wanting to share with others what I have learned and what I have been through.
- I wanted to finish the steps first.
- Someone asked. I prayed about it and talked to my sponsor about it. Despite some fears I knew I was ready.
- Hearing that giving it away would help me keep and deepen what I have worked so hard to attain.
- The 12th step, Higher Power, my sponsor.
- My sponsor, my sponsors sponsors, program friends that are sponsors, Attending Growing With Service and the traditions/concept study and asking questions, using the

magic of sponsorship and other CAL, sponsorship workshops and house parties, joining regional service committee, serving on WS committees and my higher power.

- Finishing step 4 and realizing I'm not a horrible person.
- someone asked me to sponsor them
- Willingness to give back what is so freely offered and given.
- My sponsor told me to become one
- I was asked. And then I asked my sponsor if I was ready. She said I was.
- I sponsored for a short time but don't think I'm confident in myself enough yet to guide a sponsee in the right direction.
- My sponsor introduced me to someone who needed one but they dropped out during Step 1.
- Wanting to grow sponsorship in my region/the fellowship, having a sponsor and grand sponsor to guide me, attending Growing With Service meetings and asking questions, talking with other sponsors, using the magic of sponsorship booklet, service at group/region/world levels and working on various committees.
- No one has asked me yet.
- Confidence.
- relief and strength
- Looking forward to finishing the steps to become a sponsor.
- I knew I wanted to give back what I had been given so when I finished step 5 I started sponsoring.
- Telling my story was when I found a sponsee. I've also talked to newcomers from someone giving them my number.
- My sponsor encouraging me
- My sponsor said it was very important to give back by sponsoring others. I was very nervous about it, but she told me that it was a very important service and I realized that our sponsors are really guides and witnesses. They guide us through the steps without telling us how or what to do. They witness our growth and are able to listen to everything we share without judging. I wanted to be able to contribute to someone else's recovery the way my sponsor has contributed to mine.

APPENDIX FIVE

Doing Service

- Members are stepping up to serve for many reasons but here are the responses people gave, again edited for spelling and grammar and punctuation as lightly as possible and repeat responses are not included.
- Not able to do too much service this time due to health but I do my best when I'm able.
- Someone invited me to come check it out.
- I wanted to give back to the meetings. I wanted to have an opportunity to share and being topic leader allowed me to do that. I wanted to be a bigger part of the group and the region so I did more service.
- A narabuddy nudged me, and it felt like the right thing to do.
- There were positions that needed filled.
- I wanted to try talk and stop hiding, also did tech as was asked a few times
- I felt the nudge to do service as I see how certain people are always doing it and when you do it you feel like your giving back as if we had no people doing service there would be no naranon.
- Time and empty position.
- Helping helps me feel a part of, it's a tool to help work through my isolation tendencies.
- I kind of got thrown into it, if there was an empty position I offered to be of service, doing IT, format reader, lead and it really was due to encouragement and the support I received.
- I learned I could sign up at sign up genius so I did. Greeter, then format reader.
- God
- I still feel there's a veil of mystery around the format-type positions and what roles and committees are available or coming up soon.
- The openness for me to serve.
- I do it last minute much of the time. Although I'm able get on a good amount of meetings per week, I don't know if I can get on sometimes until the last minute.
- I soon learned that the Nar-Anon program and working the steps could help me in all walks of my life.
- My sponsor talked to me about it and how important it is and that I have to. Again, turns out, if I want to practice the principles, live a spiritual way of life, and be a fulfilled person experiencing freedom, joy, serenity, and more, I HAVE to.
- sponsor encouraged, tradition 7
- I like participating and supporting the fellowship by sharing at meetings, attending events, and conferences (in the future).
- A narabuddy encouraged me to do service.
- I knew I should sign up for service or I would quit going to meetings.
- I threw myself into service because I knew that, from a sense of responsibility, it would keep me from quitting the program.
- Gratitude
- Just what I do, always willing to help in any way.
- Be invited
- open position in a very small group

- It seemed to be what everyone was doing at ISWU, members shared about the importance of service in recovery.
- My sponsor told me that taking on a service role would be a good way to give back so when a position became vacant, I volunteered to take on.
- My sponsor encouraged me to do service early on. She said it helps others and would get me "out of my own head".
- I got voluntold by my first sponsor that I was joining the sponsorship committee she was chair of. I heard that I am supposed to follow suggestions of my sponsor. I like committee work.
- I tended to get to the meeting early so just started doing the set up.
- Listening to shares.
- I wanted to lead as I felt I had something to share. I was a GSR as the group needed one and no one else was available.
- There was no plan, it just happened. My sponsor asked me to help him open the meeting for a couple of weeks while he was on vacation and the rest just unfolded naturally.
- It was suggested to do service.
- My sponsor and a feeling I was ready.
- someone asked!
- I was given an opportunity to distribute literature in an NA rack and was exposed to outreach. because I was in the region, I was asked to be chair.
- When I attended in person meetings, I was an active participant in various areas: setup, leading, secretary, event coordinator.
- My sponsor encouraged me as I was beginning to feel more stable and confident, I started as a greeter, and format reader and currently do announcements. Service has helped me to grow in my program.
- I have a strong sense of duty, ha. I started doing service pretty quickly.
- I am a "service" person, contributing and being involved in all areas of my life.
- My sponsor suggested, I first asked someone very kind if they would help me be a greeter.
- From the beginning, I always loved volunteering to read during the meetings, reading the traditions is my favorite. Then my first sponsor told me to try for an elected position. My favorite line in the beginning of the meeting is said by the announcer "you're a member of Nar-Anon if you say you are, even if this is your very first meeting" that made me feel so loved, welcomed, and accepted that I developed gratitude for the person saying it and I wanted to be able to do that for others so I ran for the position of announcer and have been able to serve multiple times.
- I heard service jump starts your recovery and I needed recovery. Some things that have turned me away from service though are people acting as the authority of naranon. I have stepped back from regional service commitments because of this.
- "If you can read you can lead"
- I was taught that it was a necessary thing to do in order to recover.
- I am new so I will help in any way
- nara sister invited me to take a service position

- It was built into the meeting. It's someone in the meeting saying, can you please read this section?
- It was suggested. I saw others doing it.
- Service helps me in my recovery and help me to give back.
- Keeps me engaged and accountable. If there is an open position that I think I can do, I may volunteer.
- Hearing it would "jump start my recovery". I was encouraged to jump in and try things out, taking on smaller commitments first I realized it took my focus off the addict and at the same time made me feel good to help out others, my sponsor pushed me to do service along with other exercises while working the steps. I think some people might need the extra push to step up like saying "you would be so great at x,y,z"
- I will get involved once I get more comfortable in my ability grasping the program.
- I was so impressed by the RMR organization. It made service look attractive because it was so consistent and well-put together. I started by reading from the "catechism" at the beginning of each meeting, then became an announcer, then IT host, parking lot attendant, alternative GSR, hope line chair and have been on two committees. Service really aids my own recovery. It feels good to give back to the group and region that have been so instrumental in turning my world around for the better.
- I started doing readings and topic leads on my own. I ran for my first service position because another member suggested it.
- It helps deepen my recovery and keeps me engaged.
- I used to lead my home group once a month. I stopped when someone asked if they could lead the day I had signed up. I was butt hurt by it. I'm not anymore but now work and life is busy and I haven't gotten back to it.
- People asking me, then just the enjoyment.
- I was at the convention and asked about service, and someone suggested that I handle that service committee.
- My sponsor.
- In one meeting they asked for a volunteer to talk about one of the Traditions. No one jumped at the chance so I piped up and said, "I'm new and need to learn about the Traditions so if you don't mind a newbie doing it, I'll share what I learned with everyone."
- I tried to use one of the Nar-Anon websites to find information and it was complicated and confusing so when they asked for volunteers to serve on the Website Committee, I volunteered.
- My sponsor offered to do the Lead if I would do the Format for a meeting.
- My 1-year anniversary with Nar-Anon rolled around and I decided it was time to share my story with the groups I regularly attended so I volunteered to Lead at each group.
- Sponsor told me I'd love announcements and that was it, I was hooked. In my first year I'm extremely proud to say I've done every meeting position except IT, I even audited speaker recordings. And was elected to SignUpGenius, Announcements and Parking Lot Attendant. I have served on the sponsorship party committee and will be again on the next one. It feels like a calling and it feels good to help people who want to be helped.
- my sponsor

- Someone asked me
- It just happens in our meeting
- First time was being asked to be an announcer by another member. Being asked helps.
- I saw the benefit in leading meetings, as it does involve a certain topic to be further studied in order to be shared with the group. I often help set up and put things away as I enjoy helping.
- They were actively looking for volunteers on a committee. My sponsor sometimes nudges me
- My sponsor asked me and I willingly did as well, topic lead and greeter.
- Wanting to feel part of the group.
- My online homegroup's greeter was gonna be out of town and asked somebody to take his place. So I went online and signed up for that spot for three nights in a row. I keep going back and filling in when I can. I was also asked to chair the topic for a double winners meeting and said yes.
- I will engage in service soon.
- I have greeted. I have read the format a couple of times. I have lead a meeting 4 times. My sponsor thinks I'm ready to become a sponsor, but I want to wait.
- Empty position
- It felt like an expectation that was low pressure. I didn't even realize it, it was just someone casually asking me in the moment to read, to share. Inviting me.
- A Narabuddy encouraged me to do service. I was nervous about it, but once I did it I enjoyed it and continued to do service in many different ways.
- I was asked and I love to write and do technical things so doing services help me giving back.
- I recognized needs for service.

APPENDIX SIX

What can the Rocky Mountain Region do to help people find Nar-Anon, help them stay and get involved in a group, and help meetings and the region grow? Are there things you would like us to do that we are not doing or things we are doing that you feel are helping you or anyone in the region to be more engaged in recovery?

- Continue to be as encouraging going forward, that service is so very much appreciated.
- There are so many parents of young addicts, it would be helpful if Nar-Anon meeting schedule was prominent in the web searches.
- Perhaps boost up the in-person meetings by hosting more in-person events or supporting them to host their own in-person/hybrid events like speaker jams.
- More focus on the newcomer may help them stay and get involved in a group ie specific meetings for newcomers or allowing specific time for newcomers to share; continue to have events will keep people engaged in recovery
- I think Naranon does an amazing job!
- I am happy with the program. I give info out at local meetings about Rocky Mountain meetings
- You are the best
- give out a contact list of narabuddies who will reply or stay in touch check up on people, i find it most difficult to make friendships in rmr even if you message someone who says there willing in a meeting. all my narabuddies are not from rmr cant find anyone willing. need a way to be connected to others in a friendship way in rmr... Its a issue i hear alot.
- One thing that could help is adding more variety to the weekly schedule. Instead of only having regular meetings, offering at least one meeting each week in a different format such as a workshop-style meeting, a recovery wheel meeting, or an Ask-It-Basket meeting. This may help members stay engaged and give newcomers and old timers more ways to connect with the program.
- Friendly
- Flyers anywhere addiction services or help are available so people know we are around. Welcoming and engaging new people in conversation and listening to them. Keep up the good work! Having a good GSR is important to keep people informed. Encouraging members to lead a meeting is important in helping people become more engaged.
- I think continuing to make Nar-Anon easy to find and less intimidating for newcomers would help a lot. Having clear newcomer information, meeting links, speaker recordings, outreach materials, and service opportunities shared regularly makes a difference. What helped me stay was the people, the encouragement, and being asked or supported into service instead of feeling like I had to figure everything out alone.
- I also think it helps when members cross-reference meetings and resources for people based on what they share. For example, if someone says they are a mom, a double winner, a newcomer, or looking for a certain type of support, it can be really helpful to mention other meetings that may align with them, even if they are not in the Rocky Mountain Region.
- I think the current number of house parties feels sufficient, but maybe one quarterly event focused specifically on newcomers, newcomer resources, sponsorship, and how

to get involved in service would be helpful. Quarterly trainings on IT roles, service positions, or “how the meeting works behind the scenes” could also help members feel more comfortable stepping into service. Continuing to support online meetings is also important because they make recovery accessible to people who may not have in-person meetings nearby.

- I'm very happy with RMR. It's been a great help. Are there any weekend daytime RMR meetings?
- Keep coming back.
- More support for us to take outreach to groups and spaces wherever we are based. Having good recovery and promoting the steps and sponsorship at our meeting are some of the most important things we offer.
- I can't make the call until I have established myself with this group.
- I think Niko is doing an outstanding job with Outreach, however, there needs to be more people on the committee to spread out the workload. Hopefully, we'll be able to reach more treatment centers and develop a relationship with them.
- Our group goes out to lunch after our Step Study meeting. We've gotten to know each other better and friendships have blossomed.
- The list of "old timers" is getting longer which is wonderful. It's been my experience that people who do get involved and attend meetings regularly leave Nar-Anon in 5 - 7 years. It would be interesting to know if this is true for Alanon. And yet, Alanon is different because their addicts don't seem to have as many serious issues as our groups (mental illness, dangerous health problems, incarceration, or death).
- Attract through unity of purpose. I think we forget what the primary aim is and get caught up in all these other ambitions which can put people off, stoke egos, create cliques, grow gossip and become a manifestation of the family disease. Our region as a whole does not currently seem to promote unity or keep top of mind our primary purpose.
- More written literature on the steps, traditions, and concepts would be a great addition. Outreach to hospitals, therapists, community recreation centers, churches.
- Continued outreach
- RMR represents the pinnacle of what a region should be.
- More in-person meetings in more areas of RMR outside Denver
- Possible social media presence?
- you're doing great
- Don't know what more you could do. Love the variety of offerings, but especially the lead meetings.
- I am so grateful for the multitude of zoom meetings available from RMR. I especially appreciate that there is a meeting every evening. I appreciate that recovery is actually talked about during the meetings rather than focusing on the addict. Thank you!
- More outreach throughout the US. Figure out how to get more people involved in service.
- More in-person events, greater visibility in the community e.g. resource/recovery fairs, outreach to treatment centers, healthcare providers
- Family members
- Outreach/Pamphlet Distribution

- In Conifer, on Hwy 285 there is The Mountain Club, a building as I understand AIAnon owns and 2 NarAnon meetings happen. I suggest Free Recovery helping them to strengthen & renew their meeting space/resources, meeting availability, management, building use etc. Help to make the space inviting to help feel the excitement of hope, vs. the sadness of depression and despair (like the inside of the building). Conifer needs a stronger presence in Conifer. NarAnon needs to focus in on the excitement of hope of a better life thru recovery, the ability to build strong lasting friendships, and the ability to actually have fun along this journey. We start out in crisis and despair and have no idea about the above. Here is an idea: instead of business cards, hand out postcards that say you are invited to: and include the above info. Take the negative and promote the energy, excitement, and yes there is fun in this process. It seems like all the marketing pieces just make one sad and depressed that we have addicted love ones, but nothing positive on what we learn or become while in recovery. I am better person because of my ALO. I should have gone into marketing, but I am way behind electronically! Oh the Postcard could be cut into business card size for the wallet with contact info, should the receiver opt to do so. But make it an invite, vs. the thought of another chore to do.
- I think we need to share with newcomers that there are 15 or 16 different NFGs based in Colorado available to them online, in-person and as hybrid options. Too often when someone calls for information, they are given information about one meeting, ISWU, and that's it. I attended 4-6 different meetings in different areas of town and would have tried online if I knew about it or if it existed. I think we should also advise others about meetings that are closer to where they are calling from. If someone calls from Portland, OR we should find information about meetings in the Pacific Northwest. We are responsible to help people find a program of recovery, not build membership in a single or select number of NFGs or even groups within Colorado.
- Post fliers in hospitals, courts, police stations get the word out!
- Outreach
- Promote offerings like the sponsorship workshop more prevalently on the website and ask GSRs to send out to everyone in the group
- improve the web site so that information is more accessible to people searching for info on web and ai
- perfect as it is
- I am in need of a sponsor, but don't always feel comfortable knowing who those people might be. it's most likely because I am shy and not comfortable asking for phone numbers yet.
- Connect to local church and community events, encourage member share thru chats and QR code to website pages for new members or introduction page
- U r doing awesome
- I have printed flyers posted them and emailed them to the Kaiser Addiction program to share with their patients and families. I have also supplied information to our local Health & Human Services dept. I am amazed how many are unaware of Nar-Anon and outreach should be more readily available to recovery & treatment centers and sober Living environments.

- Frequent classes really help, (4th step, concepts, traditions, service) . Showing newcomers how to navigate different parts of the site and literature helps in the after meetings (screen sharing - repetition ect). being calm helps, being comfortable with silence occasionally in the meetings helps (for people who are bombarded with noise, chaos and multiple people talking at the same time) - people from other regions learn and share in their region. Having experienced people remember what it is like to live in chaos when you cannot remember your name much less how to navigate the zoom passwords, computer system and literature helps. I learn from ISWU so that I can pass it on in my area where the nearest virtual meeting is 3 hours away and there are no in person meetings . Thanks for listening. Thanks for being there 365- 24/7
- I'm wondering if there are free pamphlets available to distribute for outreach, I see that there are pamphlet racks, banners, and I'm using the pull tab sheet at my local libraries and psychiatrist office, but if the pamphlet racks come WITH pamphlets that would be great. I'll need to reach out for more information, but I think what we have going is great. I'm not sure how to format the "business cards" though, maybe you guys could format a document that already has multiples arranged on one sheet because in this format I have to use an entire sheet of paper to print one business card. Maybe there is some other way to do it that I am just not aware of but if you guys could reformat it, that would really simplify the process.
- Remembering there is never just one way to do something. Respecting all members autonomy and anonymity. Keeping our region healthy, working the steps with a sponsor, studying the traditions and concepts, and practicing the principles in all our affairs.
- Love this region.
- Honestly I don't know. It starts with how involved you are. I had to make myself involved to feel better.
- I would love to get emails on new events.
- Better web presence. Ours notoriously sucks. I think we could easily run better if we started trying to incorporate or encourage people who have experience with whatever committee or service position. If the people that have consistently been in charge for years learned to let go...
- Social media.
- As with many folks, I lost my qualifier. My individual challenge has been to understand how naranon supports my recovery once the qualifier is gone. If that could be better communicated that might help drive people to the meetings
- I think what would help me is more connectedness to other meetings/events in the region than just the one I attend. I think it would be helpful if there was more sharing/updates in meetings about other groups within this region. I think it would be interesting to have fellowship after a meeting on Thursday like once a month just to connect. It feels like that would lead more naturally to finding a sponsor or learning more about the process.
- We need more visibility in the public as a fellowship. Whether that be paying for ad space, putting up posters, dropping business cards, cooperating with NA or Al-Anon, putting up stickers with b website QR codes etc. (this is attraction, not promotion)
- It is wonderful as it is and I don't think any change is needed.

- I would love to see LGBTQ-specific programming
- Keep hosting healthy meetings with online options!
- For online have less structure in the after meetings so people can get to know each other better. For myself I was isolated for so many years it was too overwhelming to just call anyone outside the meeting. I just stayed isolated outside of just attending the meetings and the after meetings aren't set up in a way to get to know others.
- I think members just have share
- GC can be unbearable at times
- I have found that Nar-Anon is the world's best kept secret. My HP keeps saying "Whisper Campaign" but I don't remember the nuts and bolts of such a thing. I do know it involves members talking about Nar-Anon. I talk about Nar-Anon with Pastors, Therapists, Doctors, Nurses, friends, and family.
- Search engine optimization. If someone searches recovery or say NA Nar-Anon should display as well. Consistently is key. Groups that do nightly meeting offer so much compared to weekly meetings and should be more common. Make it so literature is available in different languages. Like I'm in Ontario, Canada and Staples prints the literature and sends it. I understand you can't stockpile Russian copies for example, but if they were translated it would just be a file to print. Sponsorship is key. Having meaningful workshops like the uncover, discover, recover 4th step workshop was genuinely life changing. Making sure newcomers feel safe to make mistakes . Sometimes the wording regarding mentioning institutions or outside forces scares people away from sharing for fear of making mistakes.
- use the phone
- I struggle with this because I feel like we are inviting and information is clear but.... I think more advocacy from NA/recovery centers/ medical centers is needed
- Having a hybrid meeting at the Boulder Alano Club would let others know that Naranon is available in our area
- My answer may seem kind of odd, but... I don't think I'm alone in being on the opposite end of the country, but having found immense solace in RMR meetings. The void I feel is my accessibility to any kind of in-person fellowshiping. My tenure with RMR meetings makes me feel more connected to that far-away region than I do to the North & South Carolina Region of Nar-Anon. I want to share the message close to home. I know there's a need. I want to support and be a part of my RMR home nest, but I'd also absolutely love to be (I'm very much a metaphor person, haha) an RMR fledgeling in the South Carolina lowcountry, being able to "help people find Nar-Anon [here!], help them stay and get involved in a group, and help meetings and [my local] region grow." I can dig in and find the resources and do the footwork. I don't want to sound like I'm wanting work to be done for me. I'm involved in the process of starting a meeting, locally. My answer to the question is more of a reciprocal question: what guidance can experienced RMR members share that would help me and others in my local area answer this same question that you're asking? It doesn't feel like my region doesn't have a lot of Nar-Anon meetings because there aren't people who need them; rather, it feels like we could just use some guidance. All of that to say, I could be completely ignorant here and I could probably at least start by attending an area-level function in my own area.

- I would love to be involved in more step studies. Also the WhatsApp groups have been very helpful in the past, but have lately become quiet. I would like to see these become a little more active again
- Workshops! We talk about sponsorship but not always the committees. Bring it up in after meetings! We can talk about it as sponsors.
- I've been going to AA and NA meetings for 30 years. The Naranon group ISWU that I've made my home group in my opinion is a strong healthy group of people helping new people in so many ways. I know because I'm one of them. RMR does an amazing job as well. Great websites, easy access to literature, wide variety of meetings. Usually, I'm pretty good at telling you how to do something better, but I don't think I could in this case.
- Keep up the good work. So far all is good for me just as-is. I would like to have a group of Nar-Anon buddies though.
- If they could advertise NarAnon on Facebook, I think they would get more members.
- Definitely the website. Maybe a description of how different meetings run, potentially an avenue for contacting those members that run those meetings when someone is nervous to go
- Although I am from a different region, I am very devoted to It Starts With Us. I cannot even explain how important this group has been to my recovery. I am so grateful and if there is anything that can be done to draw more people to the region and this group, in particular, I would be happy to help.
- Accept all members coming into these rooms - camera on or off, share or quiet, as long as people show up and feel that acceptance - that's good enough. People will engage when they are ready.....you cannot force that. THAT'S JUST A PERSONAL OPINION.
- It may be helpful on the find-a-meeting website page, to have a statement that anyone, anywhere in the world can join the virtual meetings - you don't have to be located in the Rocky Mountain Region.