



Rocky Mountain Recovery

August 2026

Rocky Mountain Region Nar-Anon Family Groups

www.naranonrm.org



Growth in recovery encourages us to take healthy risks. A risk might be speaking up in a meeting, asking someone to be our sponsor, volunteering for service, setting a boundary, or trying something new. Fear might tell us to stay where it feels safe but, recovery invites us to trust that taking the next right step, even when it feels uncomfortable, is often where healing begins.

If I risk nothing,
I risk even more

This month's issue, we encourage you to consider: What small risk might your Higher Power be inviting you to take today?

*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?

Aug 11: SPECIAL ASSEMBLY @ 8PM MT in the Clubhouse

Aug 22: Sponsorship House Party @ 10AM MT - 1PM MT in the Main Meeting Room

August 29: **Carry the Message**, a Nar-Anon/NA speaker event; Main Meeting Room @ 10:30 AM MT

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

SPECIAL ASSEMBLY
Tuesday, August 11, 2026
8:00 PM MT

RMR Clubhouse

From the Board

The board members of Rocky Mountain Region Nar-Anon Family Groups are announcing that the region's Chair and Vice Chair have resigned their respective positions effective immediately. Therefore, it is necessary that we elect an interim Chair and an interim Vice Chair as soon as possible. If anyone is willing to stand for these positions, please send an email to treasurer@naranonrm.org.

Under the RMR Guidelines regarding interim assemblies, we are required to give at least a 10-day notice prior to such assembly. Therefore, we have set an interim assembly for Tuesday, August 11, 2026 at 8:00 PM MTN in the RMR Clubhouse.

GSRs, please share with your respective groups for members who may wish to attend and have a voice.

Thank you. We will see you on August 11 at 8 pm MTN in the RMR Clubhouse.

Heard in an RMR Meeting Room

I come to meetings because I get to multiply my pleasures and divide my sorrows.

Willingness to let go, surrender to let God.

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

We do recover.

I am not the person I was when I first got here because of the Third Step.

I reach out when things are good so I don't isolate when things are bad.

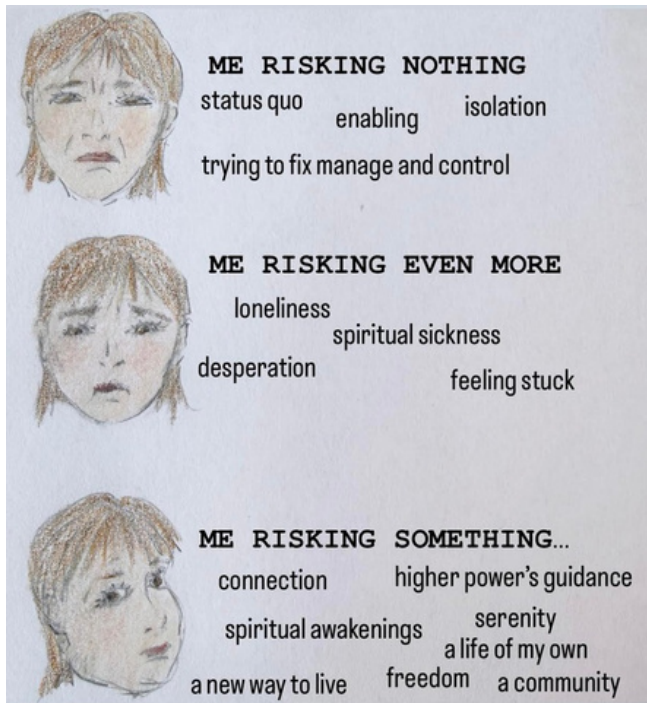
There is reason and purpose in this moment.

Is spirituality what's happening in your home group?

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



“If I risk nothing, I risk even more”



Risk: to do something that may result in loss, failure, etc.

Did I risk anything? Or did I accept ?

For me, the biggest risk wasn't leaving a relationship or moving across the country. It wasn't even going to my first Nar-Anon meeting. The biggest risk has been letting go of the illusion that if I could just get the right person to love me, choose me, or change, then I'd finally be okay.

I've spent a lot of my life waiting. Waiting for someone to get into recovery. Waiting for someone to text me. Waiting for someone to choose me. Without realizing it, my life became a waiting room.

Recovery has been teaching me that the greatest risk isn't letting go of those outcomes. The greatest risk is waiting so long for someone else's life to change that I never fully live my own. Lately I've realized that every time my mind leaves me and starts living in someone else's choices, I lose my peace. I am not willing to risk abandoning myself any longer.

Today, when my mind wanders, I try to bring it back to my Higher Power. Back to the life right in front of me. Back to my friends, my recovery, my family, my work, and the incredible gifts I've already been given. I've learned that surrender isn't giving up. It's giving up the belief that I have to control people or outcomes to be okay.

If I risk anything today, I want it to be trusting God more than I trust my fear. Because every beautiful thing that's happened in my life came from showing up, not from controlling the outcome. Today, I'm choosing to believe that God's imagination for my life is bigger than mine. My job isn't to figure everything out. My job is to stay close to my Higher Power, fully participate in the life I've been given, and leave room to be surprised.

Share your
EXPERIENCE, STRENGTH & HOPE



We want to hear from you!

Next Month's Question:

The family disease of addiction is often described as a disease of perception. Recovery invites us to see ourselves, others, and life more clearly.

How has your perception changed through recovery?

Click the image to the left to submit your answer!



RISK Continued...

For a long time, I measured my worth by how much I could help, fix, anticipate, or endure. Somewhere along the way, I forgot who I was outside of everyone else's struggles, needs, desires.

Recovery has asked me to take a risk. It has asked me to remember and rediscover myself.

That has meant risking disappointing people when I say no. Risking awkward, or angry, defensive responses during conversations when I speak my truth honestly and kindly. Risking guilt when I choose to take care of myself instead of trying to solve someone else's problems. Sometimes it even means risking hope after years of disappointment.

"If I risk nothing, I risk everything" reminds me that playing it safe often meant abandoning myself. Every time I refused to accept reality, or change the things I can because it felt uncomfortable, I was choosing familiar chaos and pain over unfamiliar peace and freedom.

Today, I want something different. I want a life built on honesty, healthy boundaries, and trust in HP. These choices don't always feel brave in the moment. They feel uncomfortable, uncertain, and vulnerable. They require me to risk giving up the illusion of control.

But if I refuse to take those risks, I risk something much greater. I risk my peace of mind. I risk living in fear. I risk losing sight of the gifts that recovery has placed before me.

Today I know that recovery isn't about eliminating risk. It's about learning that the safest place I can be is in the care of my Higher Power, even when I cannot see what lies ahead. Becoming the authentic version of myself and remembering the being I am, and living in that alignment is still a risk—but it is one worth taking.

"And the day came when the risk it took to remain tight in the bud was more painful than the risk it took to bloom." ~ Anas Nin

SESH April 4th

I have risked my personal safety in the name of "love." I am no longer willing to risk that. Enabling is really just me trying to control outcomes. Acceptance of my powerlessness over the family disEASE of addiction gives me the freedom to choose myself first. The hope in Step Two reminds me that God can do for me what I cannot do for myself. This hope helps me to release my mistaken sense of responsibility and let go of my ALO. Nothing changes if nothing changes.

Share your
EXPERIENCE, STRENGTH & HOPE



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Winged

What is this fiery black endless tarmac?
I have landed once again—exploding into fragments of me.

The piercing gravel pit slices my feet.
I panic in haste to run.

Charred embers of guilt and shame beckoning my breath.
"Ignite the flame," it says.

Punishing inferno, sparks of insignificance and honest lies,
chant brainwashed torture into my soul—

Inviting me into that familiar dungeon
of self-proclaimed misery and fear.

And somewhere in the chaos I hear....

"Why do you torture yourself, my dear?"

You no longer need to run, my child,
You no longer need to hide.
Lay down the fire, lay down the fear;
I am right here by your side.

You no longer need to run, my child.
No more ashes, no more lies.
Surrender now into my wings,
together we will thrive.

The road behind me fades to shadow...
The storm inside begins to still.
What once felt like a life sentence
now bends beneath your will.

Every wound that chased me
through the darkness of the night
is gathered up in mercy
and carried into light.

You no longer need to run, my child.
No more ashes, no more lies.
Surrender now into my wings,
together we will thrive.

You no longer need to run, my child,
You no longer need to hide.
Lay down the fire, lay down the fear;
I am right here by your side.

Jump into my wings...
Comfort and joy will carry you
into my heavenly realm.

"Surrender, beloved.
You no longer need to run.
For together we will fly."

I loosen my grip upon the flames,
step into the unknown,
and unfold inside the wings
that were waiting for me all along.

Together, we fly.



Together, We Fly

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 slogans do you use? What spiritual principles come to mind? What prayers do you use that go along with this Step, Tradition and Concept?

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

In our lives, the part of Step 8 that jumps out at me is the “willing to make amends” part. In a family, in a job, out in public, we all step on others’ toes. I want to be willing to make amends and apologize if and when I recognize I have done something wrong or hurt another person in some way. It could be a hasty,, thoughtless comment, it could be bumping into someone, it could be not completing a task I was either assigned or volunteered for. Swallowing my pride and being humble enough to be willing to make amends is a key part of Step 8 to me.

Questions for Reflection:

(from the Nar-Anon 36; Step 8)

How reluctant am I to make this list?

What role does God play in this step?

In what ways have I harmed myself?

Why is it important to forgive myself?
Am I ready?

Have I talked to my sponsor about these amends?

How do I become willing to make amends without expecting anything in return?

“GOD, PLEASE SHOW ME WHERE I
HAVE CAUSED HARM AND MAKE ME
WILLING TO MAKE AMENDS”

Tradition 8: Nar-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.

Tradition 8 talks about remaining non-professional, but may employ special workers. In our homes we usually take care of things ourselves. Recently my mother had half of her kitchen lose power. She tried flipping fuses at the fuse box. Eventually she called an electrician. This special worker informed her that her whole electrical panel needed updating. He was able to just patch it for now, but she needed to do something because the age of the panel and the current load requirements of all the appliances and other electrical items in her house could cause an electrical fire. She hired this electrician to order parts, deal with permits and perform the work. She does not know enough about electrical and such and does not want a fire to break out. This was an example to me of when in our personal lives we could not rely on our own knowledge and needed to hire a special worker to perform work outside of our own abilities.

Spiritual Principles:

Generosity: Giving of my time, ideas and talent without expectation.

Service: Giving back what was so freely given to me.

Humility: Remembering that I am a member and a trusted servant, not an expert.

Questions for Reflection:

How can I leave my professional role at the door when doing Nar-Anon Service? Why is this important?

Am I able to remember that no one is "more important" because of a service position?



As I practice the program and Tradition Eight, I am learning that we are all equal in Nar-Anon. When I walked into my first meeting, I quickly realized it didn't matter what I did for a living, how much education I had, or who my loved one was. None of those things made me any more or less important than anyone else in the room. It also didn't matter if someone was a counselor, a teacher, a doctor, or a business owner outside the fellowship. In Nar-Anon, we are just one member helping another.

No one is paid to carry the message, so no one is the expert or has all the answers. We each have something to offer because we have each lived our own story. I may not have the same experiences as someone else, but my recovery still has value. Anonymity reminds me to listen with an open mind and remember that I can learn from anyone. Some of the most meaningful things I have heard have come from people I might have overlooked outside these rooms. I have immense gratitude for the program and for the idea that we are all equally deserving of a seat in the circle (or squares).

Concept 8: Regular, two-way communications are essential to the fulfillment of all these concepts, and to the integrity and effectiveness of our services themselves.

Two way communication is important within service. I joined a church choir. The leader would send out emails, but never responded to questions or emails to her. On two different occasions I sent an email asking a question and another requesting the sheet music in order to assist me learning my part. Both emails were never answered and I felt unsupported and I lost confidence in the leader. I decided to leave due to my frustration and a feeling of not being heard or cared about. I asked to be removed from the email list. I still receive emails. In order to accomplish anything and make members feel important and wanted, two way communication is an important component.

As I do service, I am learning to pay attention to my own expectations. Sometimes I expect others to communicate the way I do. When they don't, I can become frustrated. I'm learning that people have different ways of sharing ideas, processing information, and solving problems.



Curiosity may have killed the cat but it is helping me to live and interact with others in a new way. I am learning that effective two-way communication begins with curiosity. When I feel challenged, my first response doesn't have to be defending my position. It can be asking questions, listening with an open mind, and being willing to understand before expecting to be understood.

Spiritual Principles:

Patience: Allowing time for understanding rather than rushing to conclusions or a resolution

Respect: Every member's voice matters

Humility: Recognizing that I don't have all of the answers

Trust: Believing in the process and in others

Questions for reflection:

Are all voices invited and heard before decisions are made?

Am I seeking to be understood and also to understand?

How might my conversations change if I approached them with humility, openness, and love instead of trying to be right or heard?

What fears get in my way of honest communication?

THE FORGOTTEN BRIDGE

For years, I thought that two-way communication (Concept Eight) only made sense in professional or formal relationships that have specific contracts; places where duties are clear and everything is reciprocal. But in family relationships or in dealing with the family disease of addiction, I thought being two-way was meaningless; because one person (the more awake or the more dependent one) always had to sacrifice their life and soul to keep the relationship alive. But Nar-Anon taught me that all of our relationships cross a single bridge: "the bridge of our relationship with ourselves." If this bridge is broken, no healthy relationship can cross it.

I remember the time when I had completed my PhD with a perfect GPA, the title of top student, and numerous letters of appreciation. From the outermost layers, I was a true winner, but inside me was a turmoil of sadness and loneliness. I was terrified of being alone with myself, and to escape this deep inner void, I immediately applied for a postdoctoral (Postdoc) position. The professor in question set a difficult condition: preparing a heavy review paper in one month. Without thinking about whether this condition was fair or not, and without asking what I would get in return for this amount of energy, I accepted. I was under so much pressure that I slept no more than four hours a day. In fact, that paper was never written; I did my part, which was the initial research, but others in the next stage, who were supposed to categorize this massive volume of research, refused to spend time on it, and that professor also sided with them. In

In the end, only I was left with that massive workload and the subsequent damages, including a herniated disc and constant back pain, damaged eyes, aggression at home, and the collapse of my psyche.

I was hiding my inner misery with external achievements, and I looked at that professor as a "savior." I was willing to do anything just to make him pleased with me. It reached a point where, when he ran into problems with university administrators due to his personal issues, I spent days and months of my time and credibility lobbying and rescuing him. I was drowned in a false pleasure that he allowed me to sit in his office and be his confidante. I had become intensely dependent; there was not a second that I did not think of him. The days that should have been spent on my research were spent solving his crises. When he went to his hometown for a while and cut off his connection with me, I fell into a terrifying state of suspense. I would count the days on the calendar so that, after a few days of being ignored, I could message him again to ask how he was.

In those days, I did not eat properly, I had lost weight, I stayed in bed for long hours, and I constantly checked my phone hoping he might send a message. Oh, what a torment it was! In those very days, I met my sponsor and took the First Step. At first, I hid this pathological dependency from my sponsor, like an addict who hides their substance use. I was in denial about suffering from this unhealthy dependency because I thought I was no longer the daughter of an addict, my father had 22 years of recovery. I was an active scientist and claimed to be perfect myself, which is why accepting the disease of addiction was impossible for me. I never thought

my father's disease of addiction, after years of recovery, would still remain so powerful among our family members; this disease was actually just a fire smoldering under the ashes that had not had the chance to erupt before.

The pain of rejection from that professor would revive the familiar pain of my childhood, and I believed that this pain was a sign of love! I would blame myself, thinking that I was probably not beautiful, perfect, or helpful enough, and that is why he distanced himself from me. Until my life became completely unmanageable. I talked to my sponsor about this relationship, read the literature with open eyes, and realized that the root of this disease was my lack of self-acceptance and a deep void of love within me. I was using studying, university, and emotional relationships as "painkillers" so that I wouldn't hear the sound of the pain inside me. By working the Steps, I stopped struggling to get his attention and faced the terrifying pain of separation from an imaginary relationship. I realized that the relationship was completely one-sided; I was giving my energy, time, and sanity just for him to feel secure, without ever asking what my share of this relationship was.

I left that research group, focused on my recovery, and found a new job. I participated in English language classes, and with the help of my sponsor, we found the Nar-Anon Literature Translation Committee, and today I am one of its active members. I went to music class and realized how interested I am in traditional music; an interest that I wasn't even aware of before! I also participated in sports classes and succeeded in getting my Pilates coaching certification. Of course, today I constantly remind myself of one point: I must not become dependent on these new achievements and my current job.

Today I see the world with a mature perspective; that nothing external in this world is constant and permanent. I might not have this job one day, but the greater truth is that my Higher Power is everywhere, and if this job is not there, He will reveal other opportunities to me. I do not mean to say that my life today is a flawless paradise; no, there are still days when I feel down, and feelings of sadness and insufficiency come over me. But the big difference today compared to the past is that instead of reacting, showing aggression, or replacing it with new unhealthy dependencies, I have tools; I call my sponsor, read the literature, pray, meditate, exercise, or attend Nar-Anon meetings.

For me, "well-being" is no longer about constant and uninterrupted happiness; rather, it means that even amidst these sadnesses and ups and downs, I am no longer alone. I have myself, God, my sponsor and my recovery friends. Whatever problem arises, there is no reason for my collapse and destruction; instead, with faith and effort, I must find the solution and do my part.

A few years have passed since those days, and I am no longer entangled in that destructive dependency and obsession with that professor. Some time ago, that same professor messaged me again and suggested collaborating and writing a paper. This time, instead of replying immediately and emotionally, I waited. I evaluated my circumstances with my sponsor. I realized that with my new job and my desire to spend time with my family and take care of myself, I had no time for this work. In all respect and elegance, I declined his proposal. In those hard days of codependency, I could never have imagined such a powerful version of myself; a woman who can now sit alone, brew tea for herself, and enjoy its aroma. Yes, I truly sit and enjoy my tea alone, but pathological thoughts still come; thoughts that start to say: "You are lagging behind others, hurry up and do

something," or "Something bad is about to happen, be prepared," or "If you don't find a husband soon, you will remain alone forever." But today, I let them come and go, and I do not move by their command. I tell them to "be calm," and I pray for each of them, write about them, share, talk to my sponsor, and surrender them to God to guide them. If necessary, I use these Nar-Anon tools multiple times a day, reading and surrendering, to return to peace and sanity once again. I believe and know that my life is only for today, if I live today in a healthy way, the future will build itself healthily. My goal today is unconditional love for myself, my world, and accepting my flaws. Today I realized that a two-way relationship is born when I have first reached a two-way, honest, and respectful relationship with myself.



[Rocky Mountain Region Speaker and Event Recordings](#)

The recordings page is back and better than ever. Check it out!

Recording Categories

Saturday Night Speaker Meetings

House Parties and Special Events

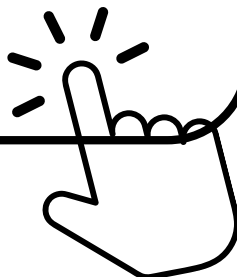
RMR Convention Speakers

Sponsorship

The 12 Steps

Thinking about attending the 2026 RMR Convention but feeling hesitant?

Get a Convention Narabuddy!
Connect with an experienced member who can answer questions, help you feel comfortable, and welcome you throughout the weekend.



RECOVERY:

Realizing that you're worth it
Experiencing true happiness
Caring about yourself
Overcoming your situation
Validating your worth
Every day is a new day
Reaching for a Higher Power
Yearning to live



Concept Four

IMPROVING OUR LEADERSHIP QUALITIES

Growing IN SERVICE

"EFFECTIVE LEADERSHIP IS HIGHLY VALUED IN NAR-ANON. LEADERSHIP QUALITIES SHOULD BE CAREFULLY CONSIDERED WHEN SELECTING TRUSTED SERVANTS."

- July 21 ▾ Concept 4
- July 28 ▾ Obstacles to Being of Service
- Aug 4 ▾ Communication, Cooperation, Collaboration
- Aug 11 ▾ Using the Traditions, Concepts, and the Guides
- Aug 18 ▾ Accountability, Responsibility, Leadership
- Aug 25 ▾ Qualities that Hinder our Services and Growth
- Sep 1 ▾ Unity, Presume Goodwill, Seek Guidance
- Sep 8 ▾ Humility, Trust, Diplomacy
- Sep 15 ▾ Carefully Consider the Viewpoints of Others
- Sep 22 ▾ Improving Our Leadership Qualities

God, may I remember that the Traditions, Concepts, and Principles of the program are for me to practice,
not for me to enforce.

www.naranonrm.org
GrowingInService@naranonrm.org
Starting July 21, 2026

TUESDAYS
4 PM MT







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

Refresh Your Spirit
Renew Your Recovery

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

Email: cruise@naranonrm.org



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 22nd, 2026
TIME: 10am-1pm (MDT)
(9am-12pm PDT) (11am-2pm CT)
(12pm-3pm EDT)

HELD IN THE RMR VIRTUAL MEETING ROOM



sponsorshipcommittee@naranonrm.org



* * * Have a question?
Email 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

CLICK HERE 



ROCKY MOUNTAIN REGION NAR-ANON CONVENTION

MILESTONES OF RECOVERY: EVERYSTEPCOUNTS



**NOVEMBER 13-15 2026
MARRIOTT DENVER (DTC)**

*Early
Registration
Ends August
1st*

BE READY!

**SIGN-UP FOR
A CONVENTION BUDDY**

BOOK YOUR ROOM

NEED A ROOMMATE?

PLAN YOUR TRAVEL

REGISTER

MAKE A DECISION

The RMR Nar-Anon Convention is a weekend of recovery, fellowship, and inspiring workshops.



**THE PATH TO
CONVENTION
STARTS TODAY**

WhatsApp group



Rocky Mountain Region NFG Meetings

(times are all MT)

Sunday	11am Partners in Nar-Anon Virtual Clubhouse	6pm Happy, Joyous & Free 2122 S Lafayette St Denver, CO		7pm It Starts With Us Main Meeting Room	
Monday	11am Monday Miracles Virtual NFG Main Meeting Room	7pm Been There, Done That ZOOM ID: 361 212 1212 PASS: BTDT!	7pm Monday Grace Boulder 1001 13th St, Boulder, CO	7pm It Starts With Us Main Meeting Room	7pm Highland Ranch Hopefuls (Hybrid) Virtual Clubhouse & 9203 S University Blvd, Highlands Ranch, CO
Tuesday	11am SESH Colorado Main Meeting Room		5:30pm-7:30 Solo Por Hoy (Spanish) Hilltop Community Reources 540 South 1 st St Montrose, CO	7pm It Starts With Us Main Meeting Room	
Wednesday	6am Sunny Side Up Main Meeting Room	11am Moms Offer Moms Serenity Main Meeting Room	12pm Wednesday Noon Denver Hybrid Clubhouse & Highlands Church 1700 S. Grant	7pm It Starts With Us Main Meeting Room	
Thursday	11am We Begin Here Main Meeting Room			7pm It Starts With Us Step Study Main Meeting Room	
Friday	11am Freedom on Fridays Main Meeting Room	7pm Friday Night Wheat Ridge 8235 W 44th Ave, Wheat Ridge, CO		7pm It Starts With Us Main Meeting Room	
Saturday	10am Boulder Basics Hybrid ZOOM ID: 839 1264 9298 PASS: 971962 1370 Forest Park Circle, Lafayette, CO	7pm Saturday Serenity Hybrid 1801 Sunset Pl, Ste B, Longmont, CO & ZOOM ID: 856 0158 6741 PASS: 0902133		7pm It Starts With Us Speaker Meeting Main Meeting Room	



Connection is the opposite of addiction.

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

Newsletter Submissions

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

CALL THE
HOPELINE

888-307-9890

[**www.naranonrmr.org**](http://www.naranonrmr.org)

