



Rocky Mountain Recovery

September 2026 Rocky Mountain Region Nar-Anon Family Groups www.naranonrm.org



The Family Disease of Addiction is often a disease of perception. It can be a disease of self-deception. Coming out of this chaos and finding clarity is something we get to share with our fellow members.

You are not alone!

Come find experience, strength and hope with us here in the Rocky Mountain Region rooms.

*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?

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

Sept 26: **Carry the Message**, a Nar-Anon/NA speaker event; Main Meeting Room @ 10:30 AM 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

Heard in an RMR Meeting Room

I'm responsible for the effort, HP is responsible for the outcome.

There are no victims in this disease, only volunteers.

ABC's of addiction:
Assume they will.
Believe they can.
Carry on.

We teach people how to treat us.

Just because I don't use drugs doesn't mean I'm perfect.

Go to a meeting,
Get a sponsor,
Do the Steps!

Don't leave before the miracle happens!

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

From the Convention Committee

Join Us at the 10th Annual RMR Convention — Denver, Nov 13–15!

A weekend of workshops that inspire, speakers who move you, and conversations that stay with you. A few days when you don't have to explain - you're simply understood. Because in Nar-Anon, we walk this path together, one step at a time.

We're excited to welcome new faces this year with a first-time attendee discount! Head to our landing page for registration promo codes, our WhatsApp group, and how to find a Narabuddy or roommate.

See you in Denver!

(More info on page 11)

Bizarre Bazaar

The Bizarre Bazaar returns to the RMR Convention for the third year!

Help make this year's Bizarre Bazaar a success by donating handmade art, crafts, and unique creations.

Bring your donated items to the convention or send items to:

Bizarre Bazaar
608 N Clarkson Street
Denver, CO 80218

All proceeds help support the convention





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?

One of the biggest changes in my recovery has been moving from feelings to facts. Before recovery, my feelings told me what was true. If I felt responsible, then I must be responsible. If I felt afraid, then I needed to do something.

Today, I look at the facts instead. The fact is that addiction has made a mess of their life. The fact is that they are their own person and get to make their own choices. The fact is that I didn't cause it, I can't control it, and I can't cure it. But I can stop contributing to the disease. I can stop rescuing, stop fixing, and stop believing it's my job to clean up the mess.

By attending meetings, doing service and working the 12 Steps, I have finally been able to keep my boundaries for myself and my well-being. I have the strength to go about my day without being enmeshed in what the addict is doing, living my life as I want to and letting the addict live his. I have my Higher Power with me all the time and know I am not alone. "I am powerless over people, places and things" is what I really understand being in the Nar-Anon program. I cannot change anyone but myself. I wouldn't have the growth that I have today if it wasn't for Nar-Anon, the literature and its members. They help me every day. I am able to think before I react, apologize when I have done wrong and make amends when necessary.

Since coming to Nar-Anon, my perspective has changed. With the help of my Higher Power, I can now turn stressful experiences into valuable lessons. I am learning to find calm in the chaos and open my mind to a new way of living. Each morning, I surrender to the God of my understanding.

Today, I can pause and remember that God is not in a hurry, so I do not need to be either. With the God of my understanding in my life, I can live happy, joyous, and free. Without that spiritual guidance, the chaos begins again. Today, I choose happiness and peace - something I had never truly known before. Thanks to the Nar-Anon program, I now know that I can.



We want to hear from you!

Next Month's Question:

What is a boundary? How have my boundaries changed?

Click the image to the left to submit your answer!



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?

In Nar-Anon, I've learned to mind my own business and have my own business to mind. I've picked up old hobbies and discovered new interests. Lately I've been experimenting with art, and it has really shown me how much recovery has changed my perception.

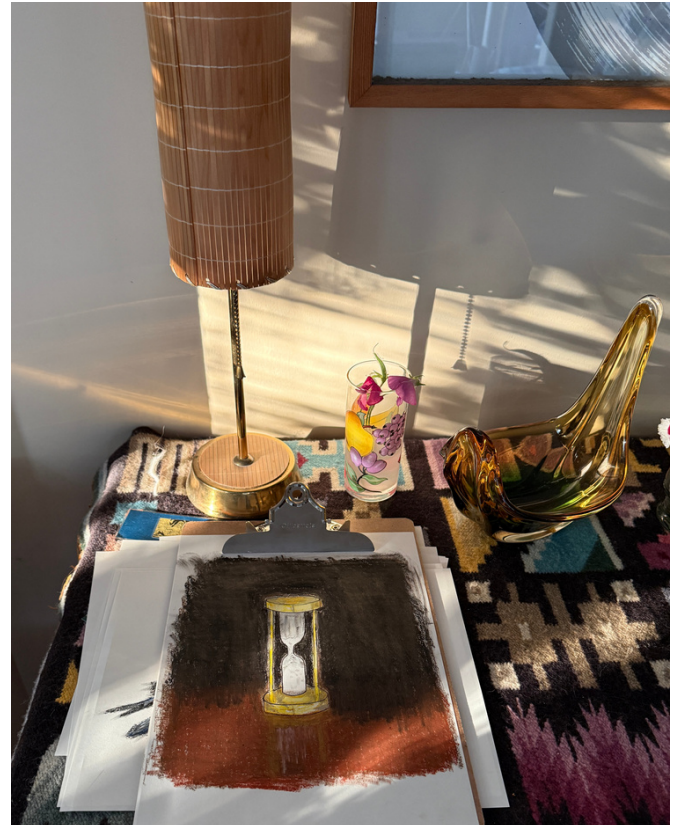
I am not always thrilled with what lands on the page. It doesn't look quite right, it's not what I intended, I make mistakes. It's a new practice for me! Much to my surprise, I find myself getting curious instead of judgmental.

What tools can I use to practice? What could I try differently next time? It's the loving, Higher Power-guided perspective I learned to use in Steps 4 and 5. I accept where I'm at, and I keep practicing. I keep it fun and I focus on progress not perfection. What a shift in perspective.

Recently I decided I was going to play around with learning how to draw shadows and angles - more shifts in perspective! It's not easy, so there are plenty of opportunities to practice willingness, humility, and perseverance.

I took this photo of one of my experiments and was struck by the further shadows and angles created by taking the picture exactly where I did, and by how much would shift yet again if I changed one small thing - moved the angle of the lamp, tilted the lens slightly up or down.

Recovery gives me the opportunity to do this too. There's always a new angle and a new source of light to be found just by shifting my perspective.



Evidence

I arrived exhausted beyond depletion. I was dehydrated, neglected, malnourished and hopeless.

Hope? I needed evidence before investing a speck of precious energy for that.

Fatigued, I was greeted by a woman who said "we are glad you are here."

Another member whose name means "Star of the Sea" told me where to find water and told me to go get it if I wanted it.

She instructed me to show others where to find it too. A woman like an angel softly spoke comforting, warm words that lifted me.

Another offered motherly, loving guidance.

I heard a fellow say something like "I found some really good bread over here, if you try it, I'd love to know what you think of it."

There it was. God given evidence of Hope.



Interim Assembly

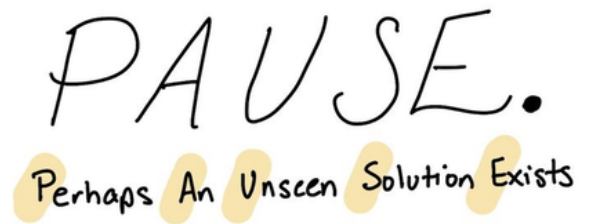
Our region has a Board of Directors which consists of the following Regional Service Committee (RSC) Officers: Chair, Vice Chair, Secretary, Treasurer, and Delegate. The Chair, Vice Chair and Delegate are elected in odd numbered years for two year terms and the Secretary and Treasurer are elected during even numbered years during our July Assembly (what we call the semiannual service committee meeting where we elect trusted servants for our region and discuss other region related happenings.)

At our July Assembly this year, our existing Treasurer was elected to serve another term and the Secretary position was left open, as there were not any members that stepped forward to serve in this capacity. Shortly after our Assembly, the trusted servants who were serving as Chair and Vice Chair of the Rocky Mountain Region Nar-Anon Family Groups stepped down from service.

This left our region with only two out of the suggested five members of the Board of Directors. Our two remaining board members called an Interim Assembly to elect an interim Chair, Vice Chair and Secretary. When an Interim Assembly is convened (which any member of the Board of Directors is able to request) a ten day notice is to be given to Group Service Representatives (GSR's). Such notice was given to each GSR in the RMR.

This assembly took place on Tuesday, August 11 in the RMR Clubhouse. There were around 50 members present for most of the event. At the RMR Assemblies, all are welcome (only the GSR's have voting rights and often we invite all members to speak and ask questions. However, at the discretion of the Chair, speaking by non-voting members may be limited).

We had two members who were willing to stand for the position of Chair. Neither of the members who were willing met the qualifications suggested by our guidelines. There was a motion made to set aside the qualifications for this election. After some discussion from GSRs and comments from a few additional members, a vote on the motion was taken.

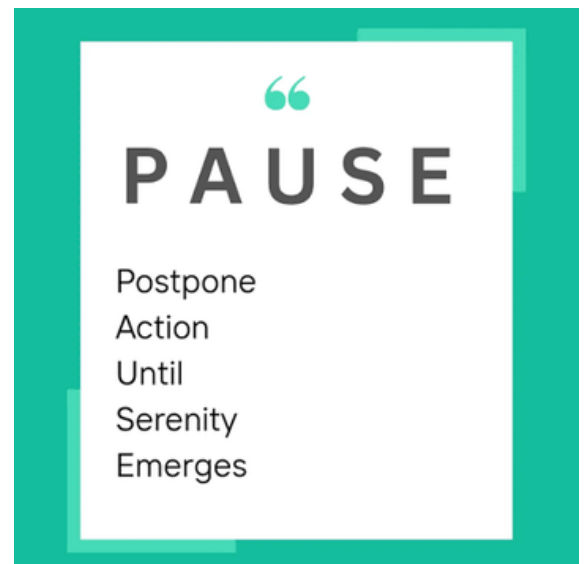


The motion did not pass. The GSRs were not in agreement of laying aside the suggested qualifications for Chair so that one or both of the members who were willing to be of service in the capacity of Chair could serve.

There was a member willing to stand as Secretary of our Region, however a vote was not taken prior to the closing of the Interim Assembly. Our next Interim Assembly will held at our next regular RSC time in October.

As we collectively PAUSE, this is an opportunity for all of us to look at the future of our region and consider what part we might play in it. Service is not about having the perfect person for every position; it is about members being willing to participate and help carry the message. If you have even a little interest this is a great time to explore a new opportunity and way to serve.

If you are interested or for more information, please contact treasurer@naranonrm.org and join us on October 6 at 8 PM MT in the Clubhouse.



Finding Your Voice



Finding Your Voice

Many of us come into recovery afraid to speak. We worry about saying the wrong thing, being judged, not being understood, or taking up too much space. Sometimes we stay silent because we've spent years believing our thoughts, feelings, or experiences didn't matter.

As we continue to recover, something begins to change. We slowly find our voice.

Being heard by others is validating, and there is nothing wrong with appreciating that. But lasting freedom comes when our willingness to speak is no longer dependent on someone else's approval, agreement, or understanding.

Recovery teaches us that our worth is not determined by the reactions of others. Our experiences have value because they are ours. Our feelings deserve space because they are real. Our voice has purpose because it reflects our truth.

When we begin believing that ourselves, we no longer have to convince, defend, or prove our experiences. We simply speak honestly, let go of the outcome, and trust that our truth is enough.

Reflections:

What has recovery taught you about finding your voice?

Have you ever stayed silent because you feared judgment or rejection?

What has helped you believe that your voice has value, regardless of how others receive it?

Have you checked out the RMR Recovery Speaker Recordings page?



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

Recording Categories

Saturday Night
Speaker Meetings

House Parties and
Special Events

RMR Convention
Speakers

Sponsorship

The 12 Steps

When I first found Nar-Anon I wanted to soak up everything I could about the program. In between meetings I spent a lot of time listening to recordings, and I still frequently listen to recordings as I'm going about my evening or if I'm looking for experience, strength, and hope. There are a number of different types of recordings you can listen to:

[Saturday Night Speakers](#)

It Starts With Us has been recording Saturday night speaker meetings since 2020. Speakers who consent to their recording being listed on the Rocky Mountain website are available to listen to, and additional recordings can be requested by e-mailing ISWU'S [Tech Coordinator](#). It's like having an on-demand speaker meeting. There is so much experience, strength, and hope to be found in this treasure trove of recordings. Learn more about the stories of people you recognize from meetings and meet Nar-Anon members you haven't heard from. You can search by name if you're looking for a speaker in particular, or just choose someone at random and experience the Higher Power moments that can come as you hear just what you need to hear.

[House Parties and Special Events](#)

I learned a lot about Nar-Anon listening to these recordings. A House Party is a special event outside of a meeting that focuses on a particular recovery topic. There are usually multiple speakers and time for questions and sharing. I learned more about the Seventh Tradition, keeping our meetings healthy, and sponsorship, to name a few House Party topics. We also have a tab just for sponsorship recordings, if that's an area of interest. And if there's a recovery topic you'd love to see a recording for, any Rocky Mountain Region member can organize a House Party! It's a great way to do service.

[RMR Convention Speakers](#)

Each year, the RMR Convention has a Saturday Night Speaker and a Sunday Spiritual Speaker. You can get a taste of the convention magic by listening to the recordings, and then consider attending the next convention to experience the event in-person!

[The 12 Steps](#)

New recordings on the 12 steps are currently going up every week as part of a new speaker series. This is sure to be a rich resource if you're looking for insight on a particular step.

Thank you to all the Nar-Anon members who have generously shared their stories over the years! It has helped so many to be able to "listen to learn" from you.

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

looking for many voices, many perspectives

a note from the Newsletter Committee

This newsletter is created for and by our members. Each month, we publish a section highlighting one Step, Tradition and Concept.

If you have experience, strength and hope to share on ANY of the Steps, Traditions and Concepts, please [use this link](#) to share with us!



Step 9: Made direct amends to such people wherever possible except when to do so would injure them or others.

Step Nine, question 7 (Nar-Anon 36, p. 70)

What does it mean "to be carrying baggage"? How might this concept relate to making amends?

To me, carrying baggage is the opposite of freedom. It means that my past is infiltrating my present in some way. I want to be able to stand tall and look anyone in the eye, and if there are wrongs that I haven't made right I may be avoidant or ashamed because of the baggage I'm carrying. I want to keep my side of the street clean and carry as little baggage as possible.

When I first read Step 9, I felt intimidated and resistant. My first thought was, "Why do I have to make amends? I'm the victim." At that time, I was still carrying a lot of hurt, and it was hard for me to see my own part clearly. But underneath that pain, I also knew there were things from my past that I deeply regretted. Step 9 gives me the opportunity to face that wreckage honestly and begin to find freedom from it.

For me, this Step is a gift because it allows me to clean up my side of the street, take responsibility for the harm I caused, and offer restitution when I can. I practice Step 9 by making direct amends to the people I hurt through my defects of character, and by living differently today. Making amends is not just about saying "I'm sorry." It is about showing through my actions that I am willing to grow, change, and live by the spiritual principles of the steps.

Today, Step 9 means living in alignment with my Higher Power. I am no longer as afraid of this step because I have experienced the freedom, healing, and peace that come from practicing it honestly.

GOD, PLEASE GIVE ME THE COURAGE
TO MAKE DIRECT AMENDS

GOD, PLEASE GUIDE MY WORDS

Questions for Reflection:
(from the Nar-Anon 36; Step 9)

What resentments and grudges still interfere with my willingness to make amends?

What is the difference between apologizing and making amends?

Am I concerned about how I will be treated when I make amends?

How has making time for spirituality enhanced my recovery?

Tradition 9: Our groups, as such ought never to be organized, but we may create service boards or committees directly responsible to those they serve.

Tradition Nine reminds me that service is about helping, not controlling. Our fellowship needs organization to function. A meeting needs a time and place, a format, someone to open the meeting, someone to handle the finances, and people willing to take responsibility for different service tasks. The Region, our committees, and events need people to organize the work so that our message can be carried.

What I appreciate about this Tradition is that organizing the work is different from organizing the people. If I am asked to lead a topic, my experience, strength, and hope are mine to share. The format or IT host can help keep a meeting on track without deciding what another member should say. A committee can be given a responsibility without becoming an authority over the fellowship.

Tradition Nine reminds me that a service position does not put me above anyone else. I can bring ideas, make plans, follow through on commitments, and be accountable for the work I have accepted without needing to direct others. The structure is there to support our common purpose, not to control how someone else finds recovery. For me, this Tradition reminds me that I can serve responsibly while still allowing others the freedom to find their own way.

Spiritual Principles:

- Humility: remembering that trusted servants are there to serve, not to hold power or authority over others.
- Responsibility: being accountable to the groups and members we serve.
- Service: willingly contributing our time, energy, and experience for the good of the fellowship.
- Accountability: remaining open to feedback and recognizing that service bodies are responsible to those they serve.
- Cooperation: working together rather than trying to control or direct others.
- Flexibility: understanding that our service structure exists to meet the needs of the fellowship and may need to adapt.
- Unity: keeping our common purpose at the center of our service work.
- Trust: allowing trusted servants and service committees to carry out their responsibilities while remaining accountable to the fellowship.
- Open-mindedness: being willing to hear different perspectives and consider that our way may not be the only way.
- Selflessness: putting the needs of Nar-Anon and those we serve ahead of personal recognition, control, or preferences.

Questions for Reflection:

- In what ways do we let our groups know that service boards exist to serve them?
- Have I ever held a service position where I struggled with feeling responsible for others rather than responsible to others? What did I learn from that?
- How can I make sure my service is guided by the needs of the group rather than my own ideas about what the group should do?
- If I truly believe that service is about supporting the fellowship rather than having authority over it, what might I do differently?
- how can being organized affect the group?



Concept 9: All elements of our service structure have the responsibility to carefully consider all viewpoints in their decision-making processes.

I particularly admire those who practice Concept Nine well. I think it's because before Nar-Anon I found it extremely challenging to "carefully consider all viewpoints" in group decision-making. Concept Nine requires open-mindedness. I used to enter group discussions already knowing how I felt about any given issue. When faced with an opinion that didn't match mine I would be quick to outwardly people-please (I heard this described in a meeting once as yep yep yep-ing someone to death) while inwardly dismissing whatever was being said without giving it due consideration. I am grateful that I can take inspiration from witnessing Concept Nine practiced across various service groups and that I am always growing and changing in this program.

Concept 9 and Concept 7 go hand in hand. Concept 7 reminds me that all people involved in a decision have a responsibility to voice their viewpoint. Concept 9 teaches me that at the same time, I also have a responsibility to listen to all of those voices.

There are times when I am in a position of authority and it can be so easy for me to fall into my old ways of thinking - that I know best. Thankfully Nar-Anon reminds me that there is always more to something than meets the eye.



Spiritual Principles:

- Humility: accepting that we may not have the whole picture.
- Patience: taking the time to listen and consider before making a decision.
- Unity: seeking decisions that support the fellowship as a whole rather than simply getting our preferred outcome.
- Wisdom: carefully weighing different viewpoints before acting.

Questions for reflection:

Are all voices been invited and heard before decisions are made?

How willing am I to genuinely consider a viewpoint that is different from my own?

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

How can we balance hearing all viewpoints with eventually making a decision and moving forward?

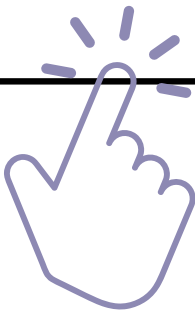
Have I ever felt unheard in a group or service setting? How did that affect my willingness to participate?

How can I contribute to creating an environment where people feel safe expressing a different opinion?

Convention Connections



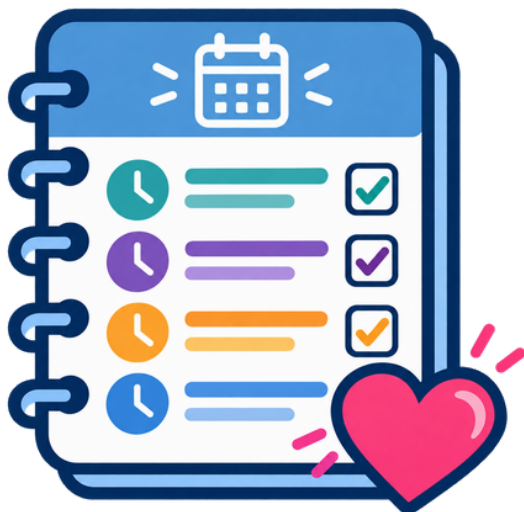
Thinking about attending the 2026 RMR Convention but feeling hesitant? Get a Convention Narabuddy! Connect with an experienced member who can answer questions, help you feel comfortable, and welcome you throughout the weekend.



RMR Convention
Connections
WhatsApp group



Scan this QR code using the WhatsApp camera to join this group



New this year! The RMR Convention has a convention planner where you can plan your weekend and sign up to be of service or help.

www.naranonrm.org/conventionplanning



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




2027 WEST COAST



NAR-ANON RECOVERY CRUISE #3

SAILING: April 11 - 15, 2027

San Diego, CA |
 Catalina Island, CA |
 Ensenada, Mexico |
 San Diego, CA

**NAR-ANON RATES
BASED ON DOUBLE
OCCUPANCY**

PRICING INCLUDES PORT TAXES & GOVT FEES
(GRATUITIES AND INSURANCE ARE ADD'L)

FINAL PAYMENT DUE 1/11/2027

\$470 Interior - \$655 Balcony (Reduced)
\$100 Per Person Deposit Required

**RESERVATIONS
888-341-6651
M-F - 9-6P (ET)**

UNPACK & UNWIND
On Royal Caribbean's Serenade of the Seas Cruise Ship

Website: <https://rmrconvention.my.canva.site/recovery-cruise-2027>



Email: cruise@naranonrm.org
 Visit our official event landing page for more details

Tradition 6: Our Family Groups ought never to endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim; but although a separate entity, we should always cooperate with Narcotics Anonymous

ROCKY MOUNTAIN NARATEEN

TUESDAYS @5:30 MT

to request a zoom link
please register by emailing
narateen@naranonrm.org

Bizarre Bazaar

Help make this year's Bizarre Bazaar a success by donating your **handmade art, crafts, and unique creations**.
 Bring your contribution to the convention or mail it ahead of time.

During the convention, Bizarre Bazaar items will be available **for a contribution of your choosing**, with all proceeds helping to support the convention.

Share Your Talents!

Art • Crafts • Jewelry • Knitting & Crochet
 Handmade Gifts • Décor • and more!

Bring your donations to the convention or mail to:
 Bizarre Bazaar
 608 N Clarkson Street
 Denver, CO 80218

2026 Rocky Mountain Region
 Nar-Anon Convention
 November 13-15, 2026

Questions?
email.convention@naranonrm.org



ROCKY MOUNTAIN REGION NAR-ANON CONVENTION

MILESTONES OF RECOVERY: EVERYSTEPCOUNTS



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



**PLAN YOUR
WEEKEND**

**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. Share your submission [here](#).

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

