



# Rocky Mountain Recovery

October 2026      Rocky Mountain Region Nar-Anon Family Groups      [www.naranonrm.org](http://www.naranonrm.org)



In Nar-Anon, we learn that boundaries are an inside job. We can picture ourselves standing inside a hula hoop. Inside the hoop are our choices, our behavior, and our recovery; the things within our control. Outside the hoop are other people, their choices, and what belongs to them.

Staying connected to a Higher Power helps us recognize where our boundaries belong. As we grow, our boundaries may change and grow with us. By prioritizing ourselves, caring for our recovery, and seeking our Higher Power’s guidance, we become healthier, more centered, and better able to be of service to our Higher Power and our fellows.

*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?

October 31: **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

December 31-January 1: New Year New You - a 24 hour Nar-Anon meeting marathon; Main Meeting Room, 6pm MT

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

## From the Convention Committee

We are preparing a memorial tree to hold paper hearts and photos honoring those we have lost to addiction. If you would like to bring a photo of your loved one(s), no larger than 2"x2", to hang on the tree, we will have all the necessary items to decorate it.



This is a space to remember, honor, and celebrate the lives of those we have lost, and to hold space for the love, memories, and feelings that remain.

## Heard in an RMR Meeting Room

Unconditional love does not mean unconditional tolerance.

If helping you hurts me, it is not helping. If I am hurt by what I do to help you, I am enabling.

DETACH: Don't Even Think About Controlling Him/Her.

Healthy boundaries are not walls—they are the gates and fences that allow you to enjoy the beauty of your own garden.

JADE: I don't have to Justify, Argue, Defend, or Explain.

The only people who get upset about you setting boundaries are the ones who were benefiting from you having none.

I matter!

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

## 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





## What is a boundary? How have my boundaries changed?

The Serenity Prayer is my guide for setting boundaries.

"God, grant me the serenity to accept the things I cannot change." I cannot stop my addict from using drugs or alcohol. Setting a boundary of "you cannot use because you have to drive to work" is not a boundary, it's a suggestion. In my mind that's a reasonable requirement, but my mind is not the mind of an addict. My mind can be reasonable when it comes to not drinking and driving, but my addict's mind cannot.

"The courage to change the things I can." The only person I have any control over is myself. I can set a boundary that requires a change in my behavior. And indeed, that's what a boundary is. "I can't ride in a car you are driving. I will not share a car insurance policy with you. I will not bail you out when you are arrested for a DUI." All of those statements are about my actions - things I can control.

"And the wisdom to know the difference." Boundaries are tricky, especially when we forget to practice Step 1. Sometimes the only solution we can see is the addict's behavior. The wisdom of the program gives me the perspective to set boundaries that don't require anything from my addict. The Serenity Prayer gives me my boundary roadmap.

"The main purpose of applying boundaries is to take care of ourselves and allow the addict to take responsibility for their recovery."

- Nar-Anon Boundaries and Consequences pamphlet

A boundary is rules you have set for your life and if people don't respect them then they don't get to be in your life. My boundaries have changed drastically in the month I've been in Nar-Anon, I have been setting healthy boundaries with my ALO + other loved ones and keeping them, if he can't respect my boundaries, he doesn't stay in the house.

Am I putting the addict's needs before myself or others?



**We want to hear from you!**

Next Month's Question:

What does "conscious contact" mean to you?

How do you practice it with yourself, others and/or your Higher Power?

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

**And/or submit your artwork [here!](#)**



## What is a boundary? How have my boundaries changed?

I used to have the belief that I needed to tolerate every situation and find a way through it. Now I'm allowing myself to recognize that a situation is emotionally triggering and I'm allowing myself to set a boundary. The first step is to decide if I want to be in that situation or not. The second is to communicate about the situation and its impact on me. That communication would also express my need to take care of myself if the condition continues to exist.

A boundary is less about setting up a wall and asking someone not to attempt get to the other side and more about what I am willing to do and what I am not willing to do.

What would a loving Higher Power have me do?

What spiritual principles am I practicing?

A boundary is an action I take to protect myself and my serenity. A few examples might be refusing to take action, stating that I will end a phone call if the ALO starts yelling, making sure I have the ability to leave an event, or even taking some time to pause, using Nar-Anon tools, and talking to someone else before choosing the right boundary. I used to struggle to say no and mean it. I used to not realize a boundary was something that could have creativity or collaboration to it.

In Nar-Anon, I am learning how freeing it is to focus on what belongs to me. I do not have to manage another person's choices, solve their problems, or carry responsibility for *their* life. My work is to care for ME and tend to my own needs and recovery.

When I want to do something for others, I can give my time and energy to the fellowship; a more honest and healthy way for me to be of help.

*I cant help you  
if its going to  
hurt me*

**Share your**  
EXPERIENCE, STRENGTH & HOPE



**We want to hear from you!**

Next Month's Question:

What does "conscious contact" mean to you?  
How do you practice it with yourself, others and/or your Higher Power?

**Click the image to the left to submit your answer!**  
**And/or submit your artwork [here!](#)**

# 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 10: Continued to take personal inventory and when we were wrong, promptly admitted it..

Step 10 questions:

What character defects came up today and did I practice contrary action?

How did I show up for myself today?

Do I need to make an amends for anything that happened today?

How did I handle any disturbances today?

What brought me joy today?

What did I have the serenity to accept today?

What did I have the courage to change today?

Did I reach out to someone today?

Did I approach life with curiosity today?

How did I handle conflict today?

Did I feel resentful today, and if so did I pray about it?

What did I worry about today, and did I remember to hand it over?

How did I make conscious contact with my Higher Power today?

Did I let fear hold me back today?

Did I pause today and ask for guidance?

Did I express myself honestly today?

How did I participate in my recovery today?

Did I experience genuine connection today?

How did I enjoy my life today?

Is anything still bothering me from today that I can let go of?

I try to use step 10 daily. I find myself taking a spot check when I realize I was short with someone on the phone because I was frustrated with the business. This was a new person, we had not interacted and I started off resentful. I was able to realize it and quickly make amends and show her gratitude for her follow through.

Step 10 looks like an honest appraisal of my thoughts and behaviors of the day. I committed to answering a few questions most nights, taking a picture of them and sending them to a friend in the program. This has morphed into a much more free-style inventory that is a fantastic way for me to look back at where I've been and where I am now. Change is taking place. Slowly, new persons emerge.

# Tradition 10: The Nar-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

The Nar-Anon Family Groups have no opinion on what anyone's religious or spiritual beliefs are or should be.

The Nar-Anon Family Groups have no opinion on what anyone's political ideas or affiliations are or should be.

The Nar-Anon Family Groups have no opinion on tracking/car trackers.

The Nar-Anon Family Groups have no opinion on particular treatment centers.

The Nar-Anon Family Groups have no opinion on modalities of treatment including Medication Assisted Treatment, anti depressants, etc.

The Nar-Anon Family Groups have no opinion on the boundaries that you draw in your relationships.

The Nar-Anon Family Groups have no opinion on whether your loved one is in treatment or not.

The Nar-Anon Family Groups have no opinion on whether you live with your loved one or not.

The Nar-Anon Family Groups have no opinion on the nature of your relationship to an addict.

The Nar-Anon Family Groups have no opinion on how often you or anyone else attends meetings.

The Nar-Anon Family Groups have no opinion on how much you decide to contribute to the 7<sup>th</sup> Tradition.

The Nar-Anon Family Groups have no opinion on whether jails are helpful or not.

The Nar-Anon Family Groups have no opinion on what you're eating for dinner.

The Nar-Anon Family Groups have no opinion on your career.

The Nar-Anon Family Groups has but one purpose: to help families and friends of addicts. There are many organizations that have similar related missions. Tradition 6 reminds us to let them be, and that we will not offer financial support or any other endorsement. Tradition 10 takes this a step further; to protect our unity and anonymity, we don't even offer an opinion.

In Nar-Anon we avoid trying to persuade others to have or to take a particular view on anything. We don't want seemingly unimportant issues to spiral into conflict. We want everyone to be free to find their own recovery. Avoiding public controversy protects us and the fellowship as a whole from hurting ourselves.

We want to be here for the next suffering member; we want to be here for their grandchildren. We want the focus to be on our recovery.

## Spiritual Principles:

- Freedom
- Anonymity
- Unity
- Neutrality
- Singular purpose

## Questions for Reflection:

- How can outside issues harm the health of the group?
- If a member brings in an outside issue, what are some ways we can respond that avoid escalating the controversy or alienating the member?
- How does this tradition help me understand anonymity?



# Concept 10: Any member of a service body can petition that body for the redress of a personal grievance, without fear of reprisal.

I used Concept 10 in my career. My career had a union. So if we were treated in a way that was unfair, or against our contract, we could file a grievance. I did this when my boss tried to change my job description and add requirements that made completing them impossible and set me and others up for failure.



I have used Concept 10 in service by speaking up when I felt unheard or believed something needed to be addressed. It reminds me that I have the right to bring a concern to the service body, respectfully and without fear of punishment or retaliation.

For me, Concept 10 goes closely with Concept 8 and effective two-way communication. It is not enough for me to have the right to speak; there must also be a willingness to listen, ask questions, and genuinely consider what is being shared. Effective communication means that information and concerns can move freely in both directions, without fear of being dismissed or judged.

## Spiritual Principles:

- Courage
- Honesty
- Willingness
- Accountability
- Responsibility
- Respect

## Questions for reflection:

Do you know of anyone who has been wronged in service? Has that wrong been made right?

Have I ever been accused of wronging someone in service? How did I respond? Did I protect the atmosphere of recovery?

How do I respond when someone asks me to be accountable for my actions?

When is it appropriate to apply Concept 10? When is it not appropriate?

Grievance: a formal or informal complaint about a circumstance, action, or decision that is perceived as unfair, unjust, or a violation of rights, rules, or a contract.

Reprisal: an act of retaliation or punishment against someone for an injury or offense

Concept 10 is our fellowship's guarantee of respect for the individual trusted servant. It gives me permission to use my voice, even when it feels uncomfortable. If I have experienced or witnessed something unfair, unjust or a violation of someone's rights, I can say something and not be afraid of retaliation. I can ask that the perceived wrong be made right.

This does not necessarily mean that no retaliation will happen, but it does give me permission not to be afraid of it.

When I have considered practicing Concept 10, there are a few things I have a responsibility to do first: PAUSE, pray, meditate, talk to my sponsors, and inventory where I was wrong in the matter.

Concept 10 is a useful tool for me to use in service and in personal relationships. I have a voice. Concept 7 teaches me that I have a responsibility for the decisions made by a service body I am a part of. If this is the case, I also have a responsibility to speak up when a loving Higher Power puts it on my heart to do so.

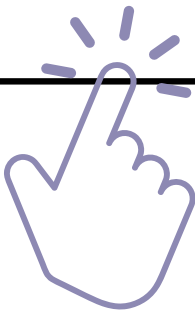
Concept 10 also goes the other direction - the other people I serve with have a right to say something if they are being wronged. This helps hold everyone accountable to each other and to our primary purpose - to help families of addicts.

# Convention Connections



Thinking about attending the  
2026 RMR Convention but  
feeling hesitant?

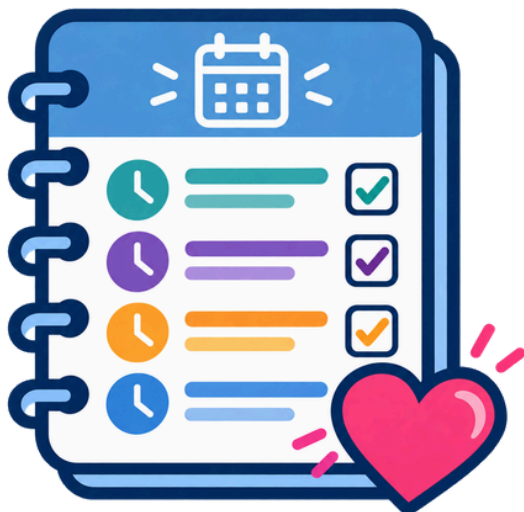
Get a Convention Narabuddy!  
Connect with an experienced  
member who can answer  
questions, help you feel  
comfortable, and welcome  
you throughout the weekend.



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

 **Committees:**  
THE WORKING HANDS  
OF THE FELLOWSHIP

Committees help accomplish what groups cannot do alone.

A 14 WEEK WORKSHOP SERIES  
Starting September 29, 2026

GROWING IN SERVICE

|                  |                                                                                                              |                   |                                                                       |
|------------------|--------------------------------------------------------------------------------------------------------------|-------------------|-----------------------------------------------------------------------|
| Week 1<br>Sep 29 | What Is a Committee?<br>Who Does It Serve?                                                                   | Week 8<br>Nov 17  | Individual Responsibility:<br>Doing My Part                           |
| Week 2<br>Oct 6  | Nar-Anon GWS and GLS<br>Committee Descriptions (CAL)                                                         | Week 9<br>Nov 24  | Organization, Record-Keeping,<br>and Reporting                        |
| Week 3<br>Oct 13 | Nar-Anon Committee<br>Handbooks: Guidance for<br>the Work (CAL) Events,<br>Narateen, Newsletter, and Website | Week 10<br>Dec 1  | Consistency, Pass It On<br>Documents, and Rotation<br>of Service      |
| Week 4<br>Oct 20 | Ad Hoc Committees:<br>What is their purpose, and<br>how are they different?                                  | Week 11<br>Dec 8  | Two-Way Communication<br>flowing to and from<br>the committee         |
| Week 5<br>Oct 27 | Being a Committee Member:<br>Participation and Etiquette                                                     | Week 12<br>Dec 15 | Starting a Committee when<br>there isn't one in the region<br>or area |
| Week 6<br>Nov 3  | Committee Positions:<br>Determining what is needed.                                                          | Week 13<br>Dec 22 | Joining a Committee:<br>Getting Involved in Service                   |
| Week 7<br>Nov 10 | Working as a Team:<br>Shared Work, Shared<br>Responsibility                                                  | Week 14<br>Dec 29 | Benefiting from Committee<br>Work: How the Fellowship<br>Is Served    |

 **TUESDAYS  
4 PM MT**

Join the Discussion  
All Are Welcome

 [www.naranonrm.org](http://www.naranonrm.org) |  [GrowingInService@naranonrm.org](mailto:GrowingInService@naranonrm.org)

**New Year  
New You #7** Translation & Closed Captioning Are Available

**SAVE THE DATE!**

BRING IN THE NEW YEAR BY ATTENDING  
24 NAR-ANON MEETINGS

**24-HOUR HOUSE PARTY**

**Thurs - December 31, 2026  
8:00 PM (EST)**  
to  
**Fri - January 1, 2027  
8:00 PM (EST)**

HOSTED BY  
ROCKY MOUNTAIN REGION  
NAR-ANON FAMILY GROUPS

 [NewYearNewYou@Naranonrm.org](mailto:NewYearNewYou@Naranonrm.org)



**WWW.NARANONRM.ORG**

**ROCKY MOUNTAIN  
NARATEEN**

**TUESDAYS @5:30 MT**

to request a zoom link  
please register by emailing  
[narateen@naranonrm.org](mailto: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](mailto: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)

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

