ISSUE #29

Rocky Mountain Recovery

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



In this issue we explore conscious contact.

Conscious contact lies at the heart of everything we do. Without it, how can we know the next right thing? How can we act in accordance with our lived principles? How can we bring steadiness to conflict and find that still small voice within?

As we live the Steps and practice the program, we pray for the knowledge of our Higher Power's will for us and for the power to carry that out.

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?

November 13-15: **Rocky Mountain Region Convention** “Milestones of Recovery - Every Step Counts” Denver, CO

December 12:Sponsorship Houseparty **Stepping into Sponsorship** Main Meeting Room, 11 AM MT

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



Heard in an RMR Meeting Room

Working the steps produced a metamorphosis; like when a caterpillar spins a chrysalis and after a while comes out a beautiful butterfly.

If I get upset, I am trying to control something I can’t control.

Detatchment is neither kind or unkind.

FAITH Fear Ain’t In This House

GIFTS Getting It From The Steps

Your faith can move mountains. Your doubts can create them.

Maximize happiness, minimize doubt.

Don’t care what the criticism, prove it wrong.

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

Supporting the Fellowship That Supports Us

Every day, someone affected by another person's addiction reaches out for help. A meeting listing, a piece of literature, or a response to a phone call may be their first connection to Nar-Anon. Behind those connections is the work of our World Service Office (WSO), work made possible through our fellowship's Seventh Tradition contributions.

Nar-Anon WSO needs approximately $35,000 in monthly contributions to sustain these services. Contributions have been falling short, and the World Service Board's July 2026 appeal warns that continued shortfalls threaten cutbacks in critical WSO activities.

What do our contributions support?
WSO serves members and groups by maintaining meeting information, answering inquiries, processing literature orders, and making Conference Approved Literature available in print and electronic formats. It also distributes The Serenity Connection and maintains the World Service website and online store.

Beyond these everyday services, WSO connects outside agencies with outreach resources, supports World Service Committees and conferences, assists developing international service structures, and coordinates translation efforts. It also manages the staffing, technology, financial records, and other responsibilities needed to keep these services operating.
Together, these efforts help carry our message of hope around the world.

Each of us can help
As members, we share responsibility for keeping Nar-Anon available to those who need it. Our contributions support the fellowship that has supported us and help extend that same opportunity to others.

Each member's circumstances are different. For some, $20 a month may be manageable; for others, $5 is what is possible. Every contribution is welcome. A recurring contribution, in an amount that fits your budget, helps provide dependable support throughout the year.

Ways to contribute directly to World Service

- Set up a recurring contribution or make a one-time contribution through nar-anon.org.
- Mail a check or money order payable to NFGH, Inc. to:
  23110 Crenshaw Blvd., Suite A
  Torrance, CA 90505

Please also continue supporting your in-person or virtual group through regular Seventh Tradition contributions. After meeting group expenses and maintaining a prudent reserve, groups can contribute to the Region, which in turn can contribute to WSO. Groups may also contribute directly to WSO. In this way, our contributions help sustain services throughout the fellowship.

Our shared support helps ensure that the next person seeking help can find the hope and connection we found. Thank you for doing what you can.



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

I write a letter to God first thing in the morning. Sometimes I ask: help me listen with your ears and speak with your words. Then I write a letter from God to me, beginning with “my dearest” and write down God’s reply. It’s a dialogue!

It means I am connected and in an intimate relationship with my HP. It is strong to the point we just have conversations throughout my day. I pray and have my prayer time mostly in morning or night, but sometimes those times change.

I practice this by asking God to guide me during tough times, to help me say the right words or keep my mouth shut if needed, and also to listen to what he’s trying to tell me. I do this by being still. He is always present and walking this journey with me and has had to carry me at times.

Conscious contact means intentionally seeking to connect with God. I do it without fail in the morning by starting most mornings and my last thought before sleeping is talking to God. I thank Him and ask for help to do His will, not mine. I also have a morning practice of connecting with Him through reading devotions and the SESH, followed by two way prayer and meditation. Throughout the day, I ask for help and thank Him for helping me and I try to rely on Him in all situations, which requires me to think of what He would want me to do and most often turns into a prayer. God is my power source and my guide for navigating my day and this challenging life. If I’m not in constant contact, I will veer into trouble really quickly and become overwhelmed.

For me, conscious contact requires me to be present, and to do one thing at once. Instead of listening to a podcast while I'm out on a walk I can pay attention to what's around me: The vibrant red of an autumn leaf, the sparkle coming off the ocean, the care that someone has put into their beautiful garden. This is all Higher Power's work, and helps me to be in conscious contact with Their presence all around me. Instead of having a TV show on in the background while I write my nightly Step 10 Inventory, I can place my attention just on the review of my day, getting in touch with my perception of the day more thoughtfully. Instead of letting distractions run wild when I meet with sponsees, I can put my phone elsewhere and focus on the recovery work at hand - Just me, my sponsee, and Higher Power. Conscious contact means making a deliberate choice to place my attention on one thing at once. It's not always easy, but if I'm surrounded by noise and distracted by multitasking I am less likely to hear that "small, still voice" of Higher Power's guidance.



We want to hear from you!

Next Month’s Question:

What does “Principles above Personalities” mean to you and how have you put it into practice?

Click the image to the left to submit your answer!

And/or submit your artwork here!

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

Conscious means being aware, attentive, deliberate, and intentional. Contact means connection. When I bring these words together, conscious contact becomes a connection I choose to nurture and participate in. My conscious contact with my Higher Power used to be asking for things and reciting scripted prayers. We now have a more intimate relationship. I ask questions, give gratitude, and casually converse as if I am speaking to my best friend. There is an intimacy that I can not put into words. This relationship has taken time to develop and evolve, and I know that with each passing day it will continue to deepen and change.

Conscious contact with others means I am present in our time together. I pay attention to their words and make room for their feelings and experiences. Curious about who they are and what they want to share. When I notice myself preparing a response while someone is still speaking, I can return my attention to listening to understand, not listening to respond. I also find myself reaching out more than I did before. When my HP nudges me, I will send a thinking-of-you text or share something that I think they may appreciate. I also deepen connection by sharing honestly, asking for help, and allowing myself to be known.

Conscious contact with myself is a work in progress and may be the most challenging. I look inward with honesty and kindness. I pause more often to notice what I am feeling, what my body is telling me, and what I need. I ask myself what is motivating my words and actions. Am I acting from fear, resentment, love, or trust? This awareness helps me recognize when I need rest, a boundary, an amends, or support. It also helps me acknowledge my growth and appreciate the choices that bring me peace. These connections strengthen one another. As I become more aware of myself, I can share more honestly with others and bring more of my experience to my Higher Power. As I listen to others, I may hear something that helps me understand myself or recognize guidance. I am beyond grateful to Nar-Anon for bringing so many opportunities for a new way of life to me.

I talk to my Higher Power like I do a best friend. I don't worry about what I say or how I say it, I feel no need to edit myself because I feel as though She already knows what I'm telling Her. The answers I hear back are aligned with my intuition and feel safe. I take Her cues from nature. By paying attention to my surroundings I feel I get messages to things on my mind. I acknowledge Her presence and thank Her for the message. It’s a practice that, for me, requires staying grounded and in the moment. The more I practice conscious contact the more peace I feel.

Conscious contact to me means praying, talking to God as many times as I can throughout my day and then watching and listening for Him to answer. I may hear HP while meditating in my intuition, I may hear Him through another person, through a topic lead or I may get my answer through something that happens during the day. It is my job to PAUSE and ask God for guidance and then be open to all the ways it is possible for Him to answer and communicate to me.



We want to hear from you!

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And/or submit your artwork here!

From Resignation to Relationship

Before I found NarAnon, I'd fired God. I thought, "With friends like Him, who needs enemies?" I never stopped believing in a first and final Cause, but I sure didn't want to speak to It, much less listen to what It had to say. I was far too busy trying to be my own god, desperately trying to create a "normal life" and control all the disaster my family was dying in at the time.

The remarkable people I met through NarAnon showed me that being vulnerable to a Higher Power wasn't just okay, but a potential path to peace and some semblance of joy. And I really needed what they had.

My way back to God was tentative at first. I told myself that I had nothing to lose by that point, so I mustered what courage I could, and with a serious air of resignation, I prayed, "Okay, God, let's try this again." I made a point of seeking Nara-buddies who were open about their spirituality and respectfully asked how they connected with their Higher Power. I was encouraged to start by talking to God and sharing my fears and hopes with Him. It was easier than I'd expected.

The struggle began when a longtime member challenged me to actually seek His will. I didn't want to know His Will for me because I assumed it would be difficult. I discovered that I was ironically comfortable in the chaos, with only myself to answer to. If I had to answer to someone or something else, I could no longer be in charge. And that was the point.

My mantra became "Your will, not mine." I began saying it first thing in the morning and throughout the day, whenever anything, from mere annoyances to major upheavals, presented itself. I made a habit of saying "Thank You" whenever even the tiniest hint of beauty or normality appeared. Eventually I found myself actively asking, "What can I do for You in this moment?" I was actually shocked by my own submission. I found myself talking to Him in the car. In the shower. At my computer. In meetings!

I was moving from complete resignation to a real relationship with my Creator. I couldn't believe the transformation, and neither could my family and friends. I like the person that I am becoming with Him in my life. I'll admit that it's still humbling to be answering to something so much Bigger and Greater than myself, but it's never humiliating, and I have never regretted one moment of it. I grin when I remember that it all began with such a simple, "Okay God..."

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 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

What steps can I take to improve my conscious contact with my Higher Power?

I can purposefully take myself to places where I am more likely to encounter my Higher Power and my Higher Power's work, like the ocean, a garden, a meeting, a visit with a friend. Sometimes this means stretching myself to get out into the world even when I don't feel like it. I can pause more; God is in the pause. For me, conscious contact usually leads to more conscious contact as I experience the power of turning my will over and noticing Higher Power's presence and care all around me.

Why is it important to listen to my Higher Power?

By listening to my Higher Power I open my mind and heart to guidance and spiritual awakenings. By creating space for my Higher Power's guidance I open myself to solutions, ideas, and paths for my life that I could not envision on my own.

Step Eleven is an active part of my day. One that has changed and evolved as my recovery has done the same.

Prayer is asking for guidance; the words to speak, the actions to take, and the thoughts that will help me respond with love, honesty, and understanding. I ask for knowledge of my Higher Power’s will for me and the willingness and strength to carry it out.

Meditation is listening. Answers come to me in many ways: a still, small voice within, a share at a meeting, a new person coming into my life, or an experience that helps me see something differently. Sometimes guidance unfolds through life on life’s terms, as my Higher Power does for me what I could not do for myself. I practice paying attention and remaining open to how that guidance may arrive.

I begin my day by asking for guidance in my thoughts, words, and actions. At the end of the day, I reflect on how I lived. I acknowledge what went well and ask what I could have done differently. This quiet review helps me recognize where I followed guidance, where I reacted, and what I can learn and carry into tomorrow.

Prayer and meditation have changed so much for me as my relationship with my Higher Power has grown. Walking works better for me than sitting in a quiet room. As I move, I can share what is on my heart, notice my surroundings, and make room to listen. My walks have become a meaningful time of connection.

Through this daily practice, I am learning to ask, listen, and act on the guidance I receive. Step Eleven helps me carry that connection into the ordinary moments of my life.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, internet and other forms of mass media. We need guard with special care the anonymity of all NA members.

I found Nar-Anon through a Facebook group, so I know that something shared on social media can become a doorway to recovery. Someone took the time to make the message available, and I found it when I needed help. Today, posting regularly is one way I give back. I think about the person scrolling through their phone, feeling alone, searching for an answer, and perhaps not knowing there is help for them, too.

Tradition Eleven guides how I carry that message through attraction rather than promotion. When I post, I remember how vulnerable I felt when I first reached out. I want to offer the welcome and possibility I found. I want to let someone know that support is available and allow them to decide whether to explore it. I can share meeting information and words of hope, trusting others to recognize what speaks to them and choose their own next step.

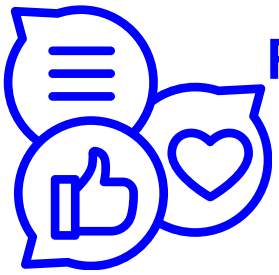
The personal anonymity in Tradition Eleven makes this outreach possible for me. I can help someone find Nar-Anon while protecting my identity and my loved one's privacy. I can share the hope, connection, and changes I have experienced while keeping the details of our lives private. Being thoughtful about what I post is part of caring for both the message and the people whose lives touch mine.

I may never know who reads a post or whether it helps someone attend their first meeting. Still, I remember that someone's willingness to carry the message helped me find my way here. Tradition Eleven gives me a way to extend that same opportunity with care, humility, and respect.

Tradition Eleven reminds me to allow my life to be a testament to my recovery. The changes in how I listen, respond, set boundaries, and care for myself can make recovery visible in everyday life. I hope my actions reflect the peace and connection I have found in Nar-Anon.

When I think about "wearing recovery loud and proud," I know I need to keep myself in check. My actions and words need to match. I may be someone's only direct interaction with a Nar-Anon member, and my behavior could shape their impression of the fellowship.

I often hear LOVE as "Letting Others Voluntarily Evolve." This reminds me to release my agenda for someone else's growth. I can live my recovery, share honestly when appropriate, and allow others the dignity of their own choices. Attraction begins with tending to my own growth.



Follow Nar-Anon, NFGH on Social Media

https://www.instagram.com/naranonfgh/?hl=en

https://www.facebook.com/naranonfgh/

Concept 11: Nar-Anon funds are used to further our primary purpose to carry the message, and must be managed responsibly.

Being responsible means acting with care, using sound judgment, and being accountable for my decisions and their effects. Concept Eleven reminds me that fellowship funds are entrusted to us to help carry the message. When I participate in decisions about those funds, I have a responsibility to consider our purpose, our needs, and the contributions members have made.

I see expenses such as rent, literature, and outreach as ways our funds support our purpose. They help provide a place to meet, recovery resources to share, and ways to reach those seeking help. I would consider funding activities such as picnics, birthday celebrations, or other extras separately from Seventh Tradition contributions. Fellowship is valuable to me, and I want us to discuss how we support it while making sure our essential services are funded.

I find value in transparent recording and sharing of how funds are used. My home group provides a monthly written treasurer's report and makes time at group conscience for members to ask questions. This helps me understand our financial position and participate in informed decisions. Clear reporting and open discussions build trust and help us remain accountable to the members whose contributions support our work.

In my personal life, I practice a similar approach by making sure the basics, my "four walls", are paid for first, followed by other essentials and then extras. What I consider an extra may be important to someone else in my household, so we discuss our priorities together. I bring that same willingness to listen into my service. Managing funds responsibly asks me to look beyond my own preferences and work with others toward thoughtful decisions that serve our shared purpose.

Spiritual Principles:

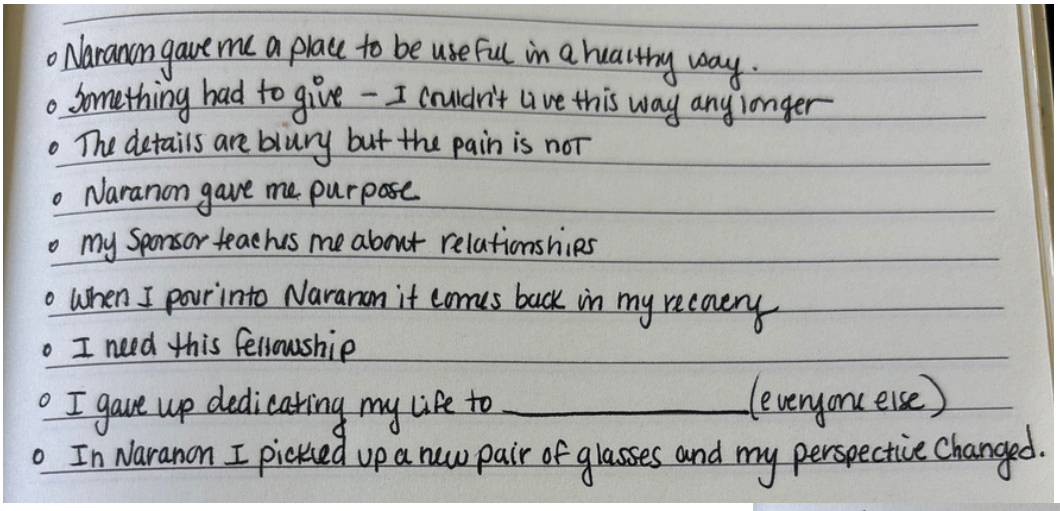
- **Responsibility:** Using fellowship funds carefully to support carrying the message.
- **Accountability:** Explaining how funds are used and answering members' questions.
- **Honesty:** Keeping accurate financial records and reporting openly.
- **Trust:** Honoring the confidence members place in those handling their contributions.
- **Unity:** Making financial decisions together with our shared purpose in mind.
- **Gratitude**: Caring for contributions as expressions of members' gratitude and commitment.
- **Transparency:** Openly sharing how fellowship funds are received, spent, and managed, with clear financial reports and opportunities for members to ask questions. Transparency supports trust, accountability, and informed group conscience.
- **Anonymity:** Keeping individual names out of reporting. Every contribution is valued equally.

The simple act of being changed.

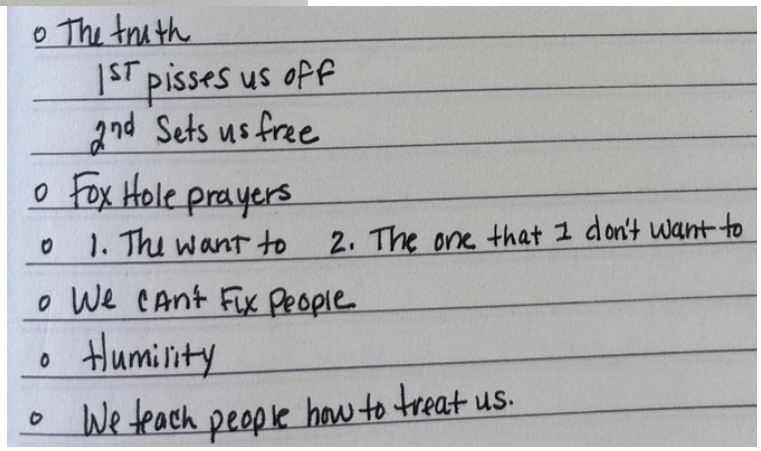
I had to bring up a couple things with my father, just to request that they'd be brought into consideration. He went into a full-on attack on me, and began telling me how to run my life. I could have interpreted this as abuse, but instead, I saw it as his disease. I was able to stand in he middle of that storm—without shaking. I was able to feel compassion for his desperate attempts to control me. Because I went in prayered up, I did not collapse afterwards into self-doubt or a mistaken sense of responsibility. I made a clear request for consideration and was able to remain unattached to outcomes.

I actively "choose" to remain in a relationship with my father (my father will never be a Nar- Anon or 12 Step member), but this was an opportunity for me to embody the principle of attraction. It was me showing up—without manipulation, control, reactivity, fear, people pleasing, being passive, placating or bypassing something that needed to be brought to the table. And I got to experience myself—safe and protected—in steady connection to the Great Source Within.

(It was also principles before personalities; it was trust in our common welfare; it was an example of honoring everyone's autonomy. It was exercising the principle of being the lone voice, and so much more.) I trusted in my love for my father, and in his love and respect for me. I gave it time, and reached out again, two days later, and he'd actually come around. He told me many, many times on that call how much he loved me. The issues I brought to the table are now represented, rather than being buried or simply burying me.



NaraNuggets
Notes to Self



Convention Connections

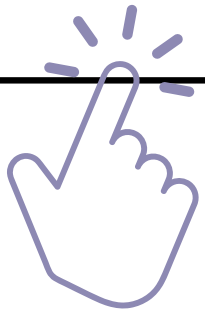


RMR Convention Connections

WhatsApp group

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

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.







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


Save the Date!
SPONSORSHIP HOUSEPARTY
Hosted by the Rocky Mountain Region
STEPPING INTO SPONSORSHIP-
WALKING THE PATH OF SERENITY, TOGETHER.
DATE: DECEMBER 12TH, 2026
TIME: 11AM-1PM MST
(10AM-12PM PST)(12PM-2PM CT)
(1PM-3PM EST)
MORE DETAILS TO COME!
Held in the RMR virtual meeting room!
WWW.NARANONRM.ORG
SPONSORSHIPCOMMITTEE@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
WWW.NARANONRM.ORG


Narateen
A safe place for teens
Support for Teens with a Family Member or Friend Affected by Addiction
You Are Not Alone
Teens supporting teens who understand.
MEET OTHER TEENS
Who get it.
SHARE YOUR FEELINGS
In a safe and respectful space.
LEARN HEALTHY WAYS
To cope and take care of you.
FIND HOPE
You are stronger than you think.
Support • Understanding • Friendship • Hope
Meetings are on ZOOM
Register at
Narateen@naranonrm.org

Weekly Activities
All are welcome

Committees:
THE WORKING HANDS OF THE FELLOWSHIP

Committees help accomplish what groups cannot do alone.

A 14 WEEK WORKSHOP SERIES

GROWING IN SERVICE

Starting September 29, 2026

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

RMR Clubhouse

TUESDAYS 4 PM MT

Join the Discussion All Are Welcome

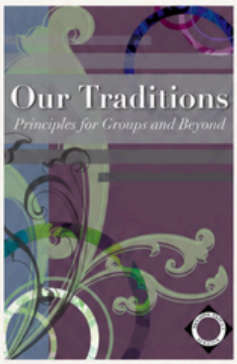
www.naranonrm.org | GrowingInService@naranonrm.org

TRADITIONS AND CONCEPTS STUDY

RMR Virtual Meeting Room

Click here to enter

Join us after It Starts With Us to explore how we live and work the traditions and concepts of Nar-Anon in our lives, recovery, and service.



TOPICS COVERED

- Nar-Anon 12 Traditions
- Nar-Anon 12 Concepts
- Spiritual principles
- Applying what we learn to our lives
- Fellowship and Service in recovery

EVERY WED 8 PM MT

IN THE BREAKOUT ROOM

Narateen: groups specifically for teens aged 13-17

Each week the meeting is facilitated by two trained adult members of Nar-Anon. We need more committed trusted servants. Could this be you? If you are interested in finding out more, email ntchair@naranonrm.org



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			**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