

Upper Rocky Mountain Regional Website:

www.urmrNA.org

Rocky Mountain Zonal Forum:

www.rmfnA.org

NA World Services: www.NA.org

The Twelve Steps of Narcotics Anonymous

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible:

1. *We admitted that we were powerless over our addiction, that our lives had become unmanageable.*
2. *We came to believe that a Power greater than ourselves could restore us to sanity.*
3. *We made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *We made a searching and fearless moral inventory of ourselves.*
5. *We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.*
6. *We were entirely ready to have God remove all these defects of character.*
7. *We humbly asked Him to remove our shortcomings.*
8. *We made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *We made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *We continued to take personal inventory and when we were wrong promptly admitted it.*
11. *We 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.*
12. *Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts and to practice these principles in all our affairs.*

PHONE NUMBERS (Get them, use them)



A meeting a day for at least the first ninety days of recovery is a good idea. There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present. In time, we can relax and enjoy the atmosphere of recovery. Meetings strengthen our recovery. We may be scared at first because we don't know anyone. Some of us think that we don't need meetings. However, when we hurt, we go to a meeting and find relief. Meetings keep us in touch with where we've been, but more importantly with where we could go in our recovery.

Basic Text, Page 52

Our primary purpose is to stay clean and to carry the message to the addict who still suffers.

"Recovery is what happens in our meetings. Our lives are at stake." Basic Text, Page 15



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Contact us by mail:
URMRNA
PO Box 4012
Cheyenne, WY 82003
www.urmrna.org

To contact us via Email:
urmrna@gmail.com

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- Central Basin Area:** PO BOX 2922, Cody, WY 82414
Phone: 1-855-596-HOPE (4673)
 - Central Wyoming Area:** PO BOX 1878, Casper, WY 82604
Phone: 307-266-7154
 - Freedom Seekers Area:** PO. BOX 6041, Sheridan, WY 82801
 - Wyo-Braska Area:** PO BOX 4263, Cheyenne, WY 82003
Phone: 866-4NO-DOPE Website: www.wyo-braskana.org
 - Wyoming Western Area:** PO BOX 445, Evanston, WY 82931
Phone: 307-789-3208

The Upper Rocky Mountain Region is part of the Rocky Mountain Zonal Forum. The Upper Rocky Mountain Regional Service Committee meets the first Saturday of February, June, August & October rotating to different areas with the Regional Assembly held in April (CB).

**The Upper Rocky Mountain Region
is made up of
Central Basin Area (CB), Central Wyoming Area (CW),
Freedom Seekers Area (FS), Wyo-Braska Area (WB)
and Wyoming Western Area (WW)**

Casper (CW):

Sunday500 S Wolcott (Up Early, Not Late).....9 AM
 Sunday500 S Wolcott (Noon Miracle).....Noon
 Sunday500 S Wolcott (Breath of Life Group).....6 PM
 Monday500 S Wolcott (Noon Miracle).....Noon
 Monday302 E Second St (A Wake Up Call).....7 PM
 Tuesday500 S Wolcott (Noon Miracle).....Noon
 Tuesday441 S Center St (No Matter What)7 PM
 Wednesday500 S Wolcott (Noon Miracle).....Noon
 Wednesday302 E Second St (A Wake Up Call).....7 PM
 Thursday500 S Wolcott (Noon Miracle).....Noon
 Thursday701 South Wolcott (Solutions Group).....6 PM
 Thursday4700 S. Poplar (Hope Not Dope).....8PM
 Hybrid: Zoom ID: 822 4598 7886 Password: 099890
 Friday500 S Wolcott (Noon Miracle).....Noon
 Friday302 E Second St (A Wake Up Call).....7 PM
 Saturday500 S Wolcott (Up Early, Not Late).....9 AM
 Saturday500 S Wolcott (Noon Miracle).....Noon
 Saturday500 S Wolcott (Breath of Life Group).....7 PM

Cheyenne (WB):

Sunday2950 Spruce Drive (Serenity Seekers).....7PM
 Sunday2310 E. 8th St (Footsteps In Recovery - Men Only).....7PM
 Monday219 W 27th St (Anchors Away)10:30AM
 Monday3005 Thomes (On Life's Terms)6PM
 Tuesday219 W 27th St (Anchors Away)10:30AM
 Tuesday2950 Spruce Drive (Serenity Seekers).....7PM
 Wednesday219 W 27th St (Anchors Away)10:30AM
 Wednesday3005 Thomes (On Life's Terms)7PM
 Thursday219 W 27th St (Anchors Away)10:30AM
 Thursday3005 Thomes (On Life's Terms)7PM
 Friday219 W 27th St (Anchors Away)10:30AM
 Friday(2310 E. 8th St (Footsteps In Recovery - Men Only)7PM
 Friday2950 Spruce Drive (Serenity Seekers).....7PM
 Saturday219 W 27th St (Anchors Away)10:30AM
 Saturday2950 Spruce Drive (Serenity Seekers).....7PM

Cody (CB):

Monday725 19th St. (Unity Group).....7PM
 Wednesday725 19th St. (Unity Group)7PM
 Friday725 19th St. (Unity Group).....7PM
 Hybrid: Zoom ID 726 428 528 Password: 099890

Evanston (WW):

Monday10th& Center (Living Proof Group).....7 PM
 Tuesday96 Allegiance Cr (Nothing to Fear Group).....7 PM
 Wednesday10th& Sage (Living Proof Group)7 PM

Thursday10th& Sage (Living Proof Group)7 PM
 Friday10th& Center (Living Proof Group).....7 PM
 Saturday10th& Sage (Living Proof Group)7 PM
 Sunday96 Allegiance Cr (Nothing to Fear Group).....7 PM

Gillette (FS):

Sunday.....400 S. Kendrick Ave. STE 302 (Home Group)....5:30PM
 Sunday201 W Lakeway Rd STE 511 (Refuge)8:15PM
 Monday201 W Lakeway Rd STE 511 (Refuge)Noon
 Monday201 W Lakeway Rd STE 511 (Refuge)5:30PM
 Tuesday201 W Lakeway Rd STE 511 (Refuge)6PM
 Wednesday201 W Lakeway Rd STE 511 (Refuge)Noon
 Wednesday201 W Lakeway Rd STE 511 (Refuge)5:30PM
 Thursday400 S. Kendrick Ave. STE 302 (Home Group)....5:30PM
 Thursday201 W Lakeway Rd STE 511 (Refuge)7PM
 Friday201 W Lakeway Rd STE 511 (Refuge)5:30PM
 Saturday400 S. Kendrick Ave. STE 302 (Home Group).....Noon
 Saturday201 W Lakeway Rd STE 511 (Refuge)7PM

Green River (WW):

Sunday350 Mansface (Surrender to Win).....7PM
 Thursday350 Mansface (Surrender to Win).....7PM

Greybull (CB):

Wednesday401 S. Fifth St. (Greybull Group).....7PM

Jackson (WW):

Tuesday90 West Kelly Street(Jackson Hole Survivors)7PM

Kemmerer (WW):

Monday501 Sapphire Street(Recovery Nataion).....7PM
 Wednesday501 Sapphire Street(Recovery Nataion).....8PM
 Friday501 Sapphire Street(Recovery Nataion).....7PM
 Hybrid: Zoom ID: 411-078-7662 No Password

Lander (CB):

Thursday860 South 3rd Street (Live and Let live)7PM
 Saturday860 South 3rd Street (Live and Let live)7PM

Laramie (WB):

Sunday.....1215 E. Gibbon St. Rm. 116 (Live from Laramie)..7PM
 Monday1215 E. Gibbon St. Rm. 116 (Live from Laramie)..7PM
 Tuesday1215 E. Gibbon St. Rm. 116 (Live from Laramie)..7PM
 Wednesday1215 E. Gibbon St. Rm. 116 (Live from Laramie)..7PM
 Thursday1215 E. Gibbon St. Rm. 116 (Live from Laramie)..7PM
 Friday1215 E. Gibbon St. Rm. 116 (Live from Laramie)..8PM
 Saturday1215 E. Gibbon St. Rm. 116 (Live from Laramie)..7PM

Lovell (CB):

Wednesday1141 Shoshone Ave (Message of Hope)7PM

Newcastle (FS):

Tuesday301 Delaware Ave. (Hope Dealers)6:30PM

Pinedale (WW):

Thursday524 W. Pine St. (Crossroads).....7PM
 Saturday524 W. Pine St. (Crossroads).....7PM

Powell (CB):

Sunday146 S. Bent (Alive & Free).....7PM
 Tuesday146 S. Bent (Alive & Free).....7PM
 Thursday146 S. Bent (Alive & Free).....7PM
 Saturday146 S. Bent (Alive & Free).....10AM

Rock Springs (WW):

Sunday513 G St (Welcome Home Group).....7PM
 Monday100 Clearview Dr (Serenity of Rock Springs).....7PM
 Tuesday513 G St (Welcome Home Group).....7PM
 Wednesday513 G St (Welcome Home Group).....Noon
 Wednesday100 Clearview Dr (Serenity of Rock Springs).....8PM
 Thursday100 Clearview Dr (Serenity of Rock Springs).....7PM
 Friday513 G St (Welcome Home Group).....7PM
 Saturday100 Clearview Dr (Serenity of Rock Springs).....7PM

Scottsbluff, NE (WB):

Sunday14 W. 17th St. (Clean & Serene Group)10AM
 Sunday14 W. 17th St. (Clean & Serene Group)8PM
 Monday14 W. 17th St. (Clean & Serene Group)10AM
 Monday14 W. 17th St. (Clean & Serene Group)8PM
 Tuesday14 W. 17th St. (Clean & Serene Group)10AM
 Tuesday14 W. 17th St. (Clean & Serene Group)8PM
 Wednesday14 W. 17th St. (Clean & Serene Group)10AM
 Wednesday14 W. 17th St. (Clean & Serene Group)8PM
 Thursday14 W. 17th St. (Clean & Serene Group)10AM
 Thursday14 W. 17th St. (Clean & Serene Group)8PM
 Friday14 W. 17th St. (Clean & Serene Group)10AM
 Friday14 W. 17th St. (Clean & Serene Group)8PM
 Saturday14 W. 17th St. (Clean & Serene Group)10AM
 Saturday14 W. 17th St. (Clean & Serene Group)8PM

Sheridan (FS):

Sunday215 W Works (New Freedom).....7:30PM
 Monday215 W Works (New Freedom).....7:30PM
 Tuesday215 W Works (New Freedom).....7:30PM
 Wednesday215 W Works (New Freedom).....6PM
 Thursday215 W Works (New Freedom).....7:30PM
 Friday215 W Works (New Freedom).....7:30PM
 Saturday215 W Works (New Freedom).....7:30PM

Thayne

Wednesday250 Vannoy Parkway - RM B100 (Breakthrough).....7:15PM
 Friday250 Vannoy Parkway RM B100 (Breakthrough)7:15PM

Thermopolis (CB):

Tuesdaycottage near water plant via 8th St. Bridge.....7PM
 Saturdaycottage near water plant via 8th St. Bridge.....7PM

Wheatland (WB):

Thursday95 19th Street (No Matter What Group).....7PM

Virtual Only:

TuesdayRecovery & Chill (WB).....6PM
 Zoom ID: 848 615 7250 No Password

Please forward any changes or discrepancies to: urmna@gmail.com