



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.*

The Upper Rocky Mountain Regional Service Committee meets the first Saturday of February, April & October rotating to different areas with the Regional Assembly held in April (CB)

Experience has shown us that members of the same sex better understand certain issues, such as sexuality, family or identity problems, relationship problems, etc. We are emotionally unstable and it is easy to form emotional bonds with members of the opposite sex. This detracts from our program and could spell disaster, especially for the newcomer. (IP No. 11 – Sponsorship)

PHONE NUMBERS (CALL BEFORE YOU USE!):

Upper Rocky Mountain Region (Wyoming, Western NE, USA)

Narcotics Anonymous Meeting Directory



October 19th 2017

**P.O. Box 40182
Casper, WY 82604**

www.urmrna.org

To contact us via Email: urmrna@gmail.com

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

The Upper Rocky Mountain Region is part of the Rocky Mountain Zonal Forum. As always, the individual NA group is at the top of our service structure. Our leaders are but trusted servants – they do not govern. 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*

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**

Please forward any changes or discrepancies to
urmrna@gmail.com

Alliance (WB):

Tuesday (O/NS) 708 Laramie Ave (2nd Level) 7PM

Arapahoe (CB):

Wednesday (O) 22 Great Plains Rd (Recovery Center) 7PM

Buffalo (FS):

Wednesday (O) 122 E Bennett St. (Church) 7PM

Saturday (O) 122 E Bennett St. (Church) 5PM

Casper (CW):

Sunday (O/D/NS/WC) 500 S Wolcott (Facility) Noon

Sunday (O/D/NS) 500 S Wolcott (Facility) 6 PM

Monday (OD/NS/WC) 500 S Wolcott (Facility) Noon

Monday (NS/O/D) 302 E Second St (Church) 7PM

Monday (O/LS/NS) 4700 S. Poplar (Church) 8PM

Tuesday (O/NS/WC) 500 S Wolcott (Facility) Noon

Tuesday (O/NS/D) 15th & Melrose (Church) 7PM

Wednesday (O/NS/WC) 500 S Wolcott (Facility) Noon

Wednesday (O/NS/WC) 500 S Wolcott (Facility) 6 PM

Wednesday (NS/O/D) 302 E Second St (Church) 7PM

Thursday (O/NS/WC) 500 S Wolcott (Facility) Noon

Thursday (O/D/NS) 1511 S Melrose (Church) 6:01 PM

Thursday (O/LS/NS) 4700 S. Poplar (Church) 8PM

Friday (O/NS/WC) 500 S Wolcott (Facility) Noon

Friday (C/NS/LS/WC) 500 S Wolcott (Facility) 6PM

Friday (C/NS/O) 302 E Second St (Church) 8:30PM

Saturday (O/NS/WC) 500 S Wolcott (Facility) Noon

Saturday (C/NS/D/WC) 500 S Wolcott (Facility) 6PM

Cheyenne (WB):

Sunday (O/D/NS) 803 W 21st St (Anchor Club) 12:30PM

Sunday (O/NS/ST) 2600 E 18th St (Hosp-Capital Classrm) 6:30PM

Sunday (M/BT/NS/D) 2310 E. 8th St. (Peak Wellness) 7PM

Mon-Sat (O/D/NS) 803 W 21st St (Anchor Club) 10:30AM

Monday (O/CC/NS) 3005 Thomes Ave 7PM

Tuesday (O/NS/LC) 2600 E 18th St (Hosp-Capital Classrm) 6:30PM

Wednesday (O/NS/IW) 2600 E 18th St (Hosp-Capital Classrm) 6:30PM

Wednesday (M/D/NS/C) 2310 E. 8th St. (Peak Wellness) 7PM

Thursday (O/CC/NS) 3005 Thomes Ave 6:30PM

Friday (O/NS/BT) 2600 E 18th St (Hosp-Capital Classrm) 6:30PM

Friday (O/D/NS) 803 W 21st St (Anchor Club) 8 PM

Saturday (O/NS/LS) 2600 E 18th St (Hosp Capital Classroom) 6:30PM

Cody (CB):

Monday (O/D) 825 Simpson Ave. (Church) 7PM

Friday (O/D) 825 Simpson Ave. (Church) 7PM

Evanston (WW):

Monday (O/NS/WC/D) 10th & Center (Church Hall) 8PM

Monday (O/NS/WC/D) 96 Allegiance Cr (Alano) 6PM

Tuesday (O/NS/WC/D) 96 Allegiance Cr (Alano) 7PM

Wednesday (O/NS/WC/BT) 10th & Sage (Church Hall) 7PM

Thursday (O/NS/WC/LC) 10th & Sage (Church Hall) 7PM

Thursday (O/NS/WC/D) 96 Allegiance Cr (Alano) 7PM

Friday (O/NS/WC/CC) 10th & Center (Church Hall) 7PM

Saturday (O/NS/WC/IW) 10th & Sage (Church Hall) 7PM

Sunday (O/NS/WC/D) 96 Allegiance Cr (Alano) 7PM

Gillette (FS):

Monday (O) 114 4J Road (COCS N Entrance) 5:30PM

Tuesday (O) 114 4J Road (COCS N Entrance) 8PM

Wednesday (O) 114 4J Road (COCS N Entrance) 5:30PM

Thursday (O) 114 4J Road (COCS N Entrance) 7PM

Friday (C) 114 4J Road (COCS N Entrance) 5:30PM

Saturday (O) 114 4J Road (COCS N Entrance) 7PM

Sunday (O/WC/NS) 5101 Tanner Dr (Church) 3PM

Green River (WW):

Sunday (O/NS/CL) 350 Mansface 8PM

Thursday (C/NS/LS) 350 Mansface 8PM

Greybull (CB):

Wednesday (O) 401 S. Fifth St, (Church) 7PM

Kemmerer (WW):

No meetings listed at this time, see Evanston, Rock Springs, La Barge or Pinedale lists for meetings within 50+/- miles

Lander (CB):

Thursday (O/NS/WC) 860 S. 3rd St, (Church) 7PM

Saturday (O/NS/WC/CL) 860 S. 3rd St. (Church) 7PM

Laramie (WB):

Sunday (C/D/NS/BT) 1215 E. Gibbon St. Rm. 202 (Church) 7PM

Monday (O) 107 S 7th St (Church Basement) 7PM

Tuesday (O/D/NS) 1215 E. Gibbon St. Room 202 (Church) 7PM

Wed (O/D/NS/IW/STP) 1215 E. Gibbon St. Rm 202 (Church) 7PM

Thursday (O) 107 S 7th St (Church Basement) 7PM

Friday (O/CL/NS/D) 1215 E. Gibbon St. Room 202 (Church) 7PM

Saturday (O) 107 S 7th St. (Church Basement) 7PM

Lovell (CB):

Monday (O) 1141 Shoshone Ave (Church) 7PM

Pine Bluffs (WB):

Sunday (O) 418 Pine St. 2 PM

Pinedale (WW):

Tuesday (O) 524 W. Pine St. (Church Basement) 8PM

Thursday (O) 524 W. Pine St. (Church Basement) 5:30PM

Saturday (O) 524 W. Pine St. (Church Basement) 8PM

Powell (CB):

Tuesday (O/NS/BK/B) 148 S. Bent 7PM

Wednesday (O/NS/D) 141 W. Coulter Ave., (upstairs) 7PM

Thursday (C/D/WC/BK) 148 S. Bent 7PM

Saturday (C/D/RF/SD/WC/BK) 148 S. Bent 10AM

Saturday (O/NS/D) 141 W. Coulter (upstairs) 7PM

Sunday (O/D/IT/WC/NS) 148 S. Bent 7PM

Rawlins (WW):

No meetings listed at this time.

Riverton (CB):

Wednesday (O/D) 10269 US HWY 789 (ramp back of truck stop) 7PM

Friday (O/D/NS) 519 E. Park Ave. (church) 7PM

Rock Springs (WW):

Sunday (O/TS) 2935 Sweetwater Drive (Library) 7 PM

Monday (O) 710 Pilot Butte (Clubhouse) 7 PM

Tuesday (O) 2935 Sweetwater Drive (Library) 8:30 PM

Wednesday (C/BT) 518 Elk St 6:15PM

Wednesday (O) 710 Pilot Butte (Clubhouse) 7 PM

Friday (O) 710 Pilot Butte (Clubhouse) 7 PM

Saturday (O) 710 Pilot Butte (Clubhouse) 7 PM

Saratoga (WW):

Sunday (O/D) Veterans & Constitution Ave. 9AM

Scottsbluff, NE (WB):

Sunday (O/NS) 14 W. 17th St. 10AM

Sunday (C/SWG/NS) 14 W. 17th 6:30PM

Sunday (O/NS) 14 W. 17th St. 8PM

Monday (O/D/NS) 14 W. 17 10AM

Monday (O/NS) 14th St. 8PM

Tuesday (O/D/NS) 14 W. 17th St. 10AM

Tuesday (O/NS) 14 W. 17th St. 8PM

Wednesday (O/NS) 14 W. 17th St. 10AM

Wednesday (O/D/NS) 14 W. 17th St. 8PM

Thursday (O/NS/D) 14 W. 17th St. 10AM

Thursday (C/LC/NS) 14 W. 17th St. 8PM

Friday (O/D/NS) 14 W. 17th St. 10AM

Friday (O/NS/D) 14 W. 17th St. 8PM

Saturday (O/D/NS) 14 W. 17th St. 10AM

Saturday (O/NS/D) 14 W. 17th St. 8PM

Sheridan (FS):

Sunday (O/NS) 215 W Works (Church) 7:30PM

Monday (O/NS) 215 W Works (Church) 7:30PM

Tuesday (O) 215 W Works (Church) Noon

Tuesday (O) 215 W Works (Church) 7:30PM

Wednesday (O/NS) 215 W Works (Church) Noon

Thursday (O/NS) 215 W Works (Church) 7:30PM

Friday (O/NS) 215 W Works (Church) 7:30PM

Saturday (O/NS) 215 W Works (Church) 7:30PM

Sidney, NE (WB):

Thursday (O/NS) 1904 4th St. Northstar Club 7PM

Saturday (O/NS) 1904 4th St. Northstar Club 7PM

Thermopolis (CB):

Tuesday (O/D) cottage near water plant via 8th St. Bridge 7PM

Saturday (O/CL) cottage near water plant via 8th St. Bridge 7PM

Worland (CB):

Monday (O) 1301 Big Horn Ave. (Church) 7PM

MEETING CODES:

BT = Basic Text; C = closed mtg.; CC = chair's choice;

CL = Candle Light; D = discussion; I = Institutional mtg.;

IW = It Works, How & Why study; LS = literature study;

M = men only; NS = non-smoking; O = open meeting;

S = smoking allowed; STP = step meeting;

ST = speaker tape meeting; SWG = Step Working Guide;

W = Women's meeting; WC = Wheel Chair Accessible