



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, June, August & October rotating to different areas with the Regional Assembly held in April (CB).

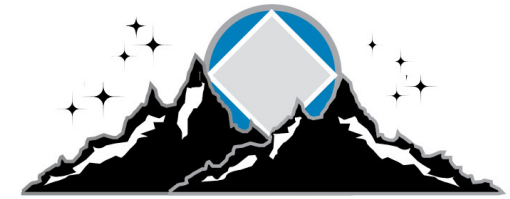
Experience has shown us that members of the same sex better understand certain issues, such as sexuality, family or identity problems, relationship problems, etc. We are emotionally unstable and it is easy to form emotional bonds with members of the opposite sex. This detracts from our program and could spell disaster, especially for the newcomer.

(IP No. 11 – Sponsorship)

PHONE NUMBERS (CALL BEFORE YOU USE!):

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



UPPER ROCKY MOUNTAIN REGION

of Narcotics Anonymous
State of Wyoming & the Nebraska Panhandle

Narcotics Anonymous Meeting Directory



January 8, 2019

P.O. Box 40182
Casper, WY 82604
www.urmrna.org

To contact us via Email:
urmrna@gmail.com

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

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

Casper (CW):

Sunday (O/D/NS) 1511 S Melrose (Church).....	7AM
Sunday (O/D/NS/WC) 500 S Wolcott (Facility).....	Noon
Monday (OD/NS/WC) 500 S Wolcott (Facility).....	Noon
Monday (NS/O/Ticket 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) 15 th & Melrose (Church)	7PM
Wednesday (O/NS/WC) 500 S Wolcott (Facility)	Noon
Wednesday (NS/O/Ticket 302 E Second St (Church).....	8PM
Wednesday (O/NS/WC) 500 S Wolcott (Facility)	6:00PM
Thursday (O/NS/WC) 500 S Wolcott (Facility).....	Noon
Thursday (O/D/NS) 4700 S. Poplar (Church)	8PM
Friday (O/NS/WC) 500 S Wolcott (Facility)	Noon
Friday (NS/O/Ticket 302 E Second St (Church).....	8:30PM
Friday (C/NS/ST/WC) 500 S Wolcott (Facility)	6PM
Saturday (O/NS/WC) 500 S Wolcott (Facility).....	Noon
Saturday (C/NS/D/WC) 500 S Wolcott (Facility)	6PM
Saturday (O/D/NS) 15 th & Melrose (Church)	8PM

Cheyenne (WB):

Sunday (O/D/NS) 219 W 27 th St (Anchor Club).....	12:30PM
Sunday (O/NS/ST) 2600 E 18 th St (Hosp-Capital Classrm).....	6:30PM
Sunday (M/BT/NS/I) 2310 E. 8 th St. (Peak Wellness)	7PM
Mon-Sat (O/D/NS) 219 W 27 th St (Anchor Club).....	10:30AM
Monday (O/CC/NS) 3005 Thomes (church)	7PM
Tuesday(O/NS/LC) 2600 E 18 th St (Hosp-Capital Classrm).....	6:30PM
Wednesday(O/NS/IW) 2600 E 18 th St (Hosp-Capital Classrm)	6:30PM
Wednesday (M/D/NS/C) 2310 E. 8 th St. (Peak Wellness).....	7PM
Thursday (O/CC/NS) 3005 Thomes (church)	6:30PM
Friday(O/NS/BT) 2600 E 18 th St (Hosp-Capital Classrm).....	6:30PM
Friday (O/D/NS) 219 W 27 th St (Anchor Club).....	8 PM
Saturday (O/NS/LS) 2600 E 18 th 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) 10 th & Center (Church Hall).....	8PM
Tuesday (O/NS/WC/D) 96 Allegiance Cr (Alano).....	7PM
Wednesday (O/NS/WC/BT) 10 th & Sage (Church Hall)	7PM
Thursday (O/NS/WC/LC) 10 th & Sage (Church Hall)	7PM
Thursday (O/NS/WC/D) 96 Allegiance Cr (Alano).....	7PM
Friday (O/NS/WC/CC) 10 th & Center (Church Hall)	7PM
Saturday (O/NS/WC/IW) 10 th & 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).....	7PM
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
Sunday (O/WC/NS) 5101 Tanner Dr (Church) Women's meeting ..	5PM

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
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Kemmerer (WW):

No meetings listed at this time, see Evanston, Rock Springs, LaBarge 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 7 th 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 7 th St (Church Basement).....	7PM
Friday (O/CL/NS/D) 1215 E. Gibbon St. Room 202 (Church)	7PM
Saturday (O) 107 S 7 th St. (Church Basement).....	7PM

Lovell (CB):

Monday (O) 1141 Shoshone Ave (Church office).....	7PM
Friday (O) 1141 Shoshone Ave (Church office).....	7PM

Moorcroft (FS):

Monday (O) 100 S. Belle Fourche (Church).....	7PM
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Pine Bluffs (WB):

Sunday (O) 418 Pine St.	2 PM
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Pinedale (WW):

Tuesday (O) 524 W. Pine St. (Church Basement).....	8PM
Thursday (O) 524 W. Pine St. (Church Basement).....	5PM
Saturday (O) 524 W. Pine St. (Church Basement).....	8PM

Powell (CB):

Tuesday(O/NS/BK/B) 146 S. Bent	7PM
Thursday(O/D/WC/BK/NS) 146 S. Bent	7PM
Saturday (O/D/WC/NS) 146 S. Bent.....	10AM
Sunday (O/D/WC/NS) 146 S. Bent.....	7PM

Rawlins (WW):

Monday (O) 5th & Pine (Church hall).....	6PM
Wednesday (O) 5th & Pine (Church hall)	7PM
Friday (O) 5th & Pine (Church hall)	7PM

Riverton (CB):

No meetings listed at this time.

Rock Springs (WW):

Sunday (O) 423 5 th St.....	Noon
Sunday (O) 423 5 th St.....	6PM
Sunday (O) 513 G St.....	7PM
Monday (O) 423 5 th St.....	7 PM
Tuesday (LS) 513 G St.....	7PM
Thursday (O) 423 5 th St.....	7PM
Friday (O) 513 G St.....	7 PM

Saratoga (WW):

Sunday (O/D) Veterans & Constitution Ave.....	9AM
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Scottsbluff, NE (WB):

Sunday (O/NS) 14 W. 17 th St.	10AM
Sunday (C/SWG/NS) 14 W. 17 th	6:30PM
Sunday (O/NS) 14 W. 17 th St.	8PM
Monday (O/D/NS) 14 W. 17	10AM
Monday (O/NS) 14 th St.	8PM
Tuesday (O/D/NS) 14 W. 17 th St.	10AM
Tuesday (O/NS) 14 W. 17 th St.	8PM
Wednesday (O/NS) 14 W. 17 th St.	10AM
Wednesday (O/D/NS) 14 W. 17 th St.	8PM
Thursday(O/NS/D) 14 W. 17 th St.	10AM
Thursday (C/LC/NS) 14 W. 17 th St.	8PM
Friday (O/D/NS) 14 W. 17 th St.	10AM
Friday (O/NS/D) 14 W. 17 th St.	8PM
Saturday (O/D/NS) 14 W. 17 th St.....	10AM
Saturday (O/NS/D) 14 W. 17 th 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)	7:30PM
Wednesday (O/NS) 215 W Works (Church)	6PM
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 4 th St. Northstar Club	7PM
Saturday (O/NS) 1904 4 th St. Northstar Club	7PM

Thermopolis (CB):

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

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

MEETING CODES: BT = Basic Text; BK = Book Study 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 Assessable