



# Rocky Mountain Recovery

November 2025

Rocky Mountain Region Nar-Anon Family Groups

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

## DETACHING WITH LOVE



Detaching with love is a gentle yet powerful practice that allows us to love without losing ourselves. It invites balance — the ability to care deeply without clinging, to offer compassion without control, and to trust that love can exist without attachment.

This issue explores how we, as family members, can detach with love.

*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 | A message from Outreach | Service Opportunities                  |

## Are there any Nar-Anon related announcements?

- Growing in Service Workshop - Study the 12 Traditions in 12 weeks. Join us in the Clubhouse on Tuesdays at 4 PM MT
- Sponsorship House Party Dec 6, 2026 10 AM MT in the Virtual Meeting Room
- New Year, New You 2026 - 24 hours of recovery starting on Jan 31<sup>st</sup> at 6 PM MT in the Virtual Meeting Room
- Nar-Anon Recovery Cruise #2 April 12-19, 2026



### SERVICE OPPORTUNITIES

*Do you feel called to serve?*

The Outreach Committee is looking for members! We meet weekly on Tuesdays at 5:10 PM (Mountain Time) in the RMR Club House. Email [outreach@naranonrm.org](mailto:outreach@naranonrm.org) for more info!

The newsletter committee is looking for additional members! Join us in the Clubhouse on the last Sunday of the month 5pm MT. Email [newsletter@naranonrm.org](mailto:newsletter@naranonrm.org) for more info

## Heard in an RMR Meeting Room

Procrastination is the thief of time.

My future-tripping passport is full of stamps to nowhere.

In my hands, my character traits are defects. In God's hands, they are assets.

Having a hope produces a life of faith.  
Having an expectation produces a life of entitlement.

Hope anchors the soul.

An apology without change is manipulation.

The three G's: Grace, Gratitude and Grit

Meditation is evolution's strategy to bring out our full potential.

Patience is what I do while I am waiting.

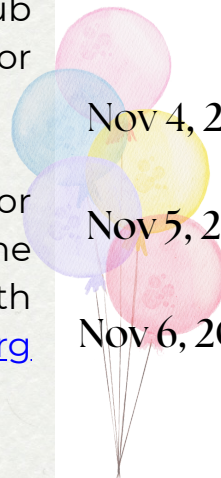
*Have you heard an amazing Nar-A-Nugget of wisdom recently?  
Send it to [newsletter@naranonrm.org](mailto:newsletter@naranonrm.org)  
to be included in an upcoming issue*

## Meeting Birthday Shout-Out

Nov 4, 2014 SESH, 11 Years

Nov 5, 2022 Partners, 3 Years

Nov 6, 2017. Monday Grace, 8 Years





## Sharing Experience Strength and Hope

How have you detached with love?

What has gotten in the way of it when you are struggling and how have you moved through it?

At this point in my journey the best I am able to accomplish with one of my ALOs is detach with neutrality. Which, honestly, is big progress for me.

With my other ALO, while I've detached with love I realized our relationship was harmful to both of us. And because I could recognize the obsession, I've been no contact. The last I spoke to them, I told them I hope they are able to find peace and love in their lives. That I know their Higher Power has them and the slate is clean between us. I also told them I realized our relationship was toxic and harmful to us both and the last thing I want is to be harmful to someone I care about. It doesn't mean he doesn't still pop up in my resentments. But I love him and myself enough to not indulge the resentment. And to choose to turn to my Higher Power so that I may let it go and keep the slate clean and myself spiritually healthy.



Detachment, when practiced with love, is an act of kindness toward both myself and my ALO. Yet I admit the word "detach" is hard for me to fully accept and use—it can sound cold or unloving. What I do appreciate more is the idea of a non-attached mindset. Non-attachment feels gentler, reminding me that I can care deeply without clinging to outcomes or trying to control what isn't mine.

I picture it like a mother bird with her fledgling. She nurtures, protects, and teaches the young bird to fly, but she does not fly for it. In letting go, she shows love and trust in the bird's ability to live its own life. My non-attached mindset is like that—I can be present, caring, and supportive, but I don't need to wrap my wings so tightly that my ALO cannot breathe or grow.

Through this approach, I give my ALO dignity and responsibility for their own choices, while I safeguard my serenity and peace of mind. It allows me to love without being consumed. Practicing non-attachment frees me to live in trust, rather than in fear, and in doing so I offer both myself and my ALO compassionate kindness.

I have found a fantastic method for detaching with love, and I'd love to share those steps with you. Follow them closely now:

- Step 1: detach with anger!
- Step 2: detach with hate!
- Step 3: detach with space.
- Step 4: detach. Just detach.
- Step 5: find yourself.
- Step 6: love yourself.
- Step 7: detach... with love.

Optional: Skip Steps 1-4 and spare yourself the pain.

My truth is, the thing that got in the way of my detaching with love, which seemingly (and far too simply put) was just anger at my addict, when in fact I was angry that I couldn't control them. That usually looked more like, "Oh yeah. You better believe I'm gonna detach from you". Not quite love. But when I paused, when I took a breath in, and let it out, and let it go, and let HP in (rinse and repeat 5-500 times a day), it stopped being about them and became about me and my serenity. I don't have serenity when I live with hate, or anger. But when I put love first: boy, oh boy, does it pour in like honey when I detach... with love.



At this point in my journey, the best I am able to accomplish with one of my ALOs, is to detach with neutrality. Which, honestly, is big progress for me. With my other ALO, while I've detached with love. I realized our relationship was harmful to both of us. Because I could recognize the obsession, I've been no contact. The last I spoke to them, I told them I hope they are able to find peace and love in their life, that I know their Higher Power has them, and that the slate is clean between us. I also told them I realized our relationship was toxic and harmful to us both, and the last thing I want is to be harmful to someone I care about. It doesn't mean he doesn't still pop up in my resentments. But I love him and myself enough to not indulge the resentment. I choose to turn to my Higher Power, so that I may let it go and keep the slate clean and myself spiritually healthy.

**Share your**  
EXPERIENCE, STRENGTH & HOPE



**We want to hear from you!**

Next Month's Question:

How has practicing gratitude strengthened your recovery?

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

# Sharing Experience Strength and Hope Continues.....

## How have you detached with love?

### What has gotten in the way of it when you are struggling and how have you moved through it?

Primarily fear gets in the way of detaching with love. Calling my sponsor for support, praying to my higher power for guidance, attending meetings, reviewing step one and letting go and letting God.



It was definitely trial and error when first attempting to detach with love. I was really good at detaching with hatred, anger, resentment, and frustration. Detaching with love was a whole new story. I had to read a lot of literature, attend a lot of meetings and listen to learn. After a while I got a lot better at it and I was proud of myself, because we are told it's progress, not perfection. I still haven't got it down pat, but it's something I can never stop working on. My ALO deserves it and my peace and serenity increase every time I can have a positive interaction with him. Working my steps with my sponsor, doing service, and attending meetings all make me feel better, and when I feel better, I can do better.



FEAR... Face Everything And Run; Face Everything And Recover. When I am struggling with detachment, fear enters my strong recovery. Fear of my son dying, can I change this? Fear of my son getting sick, can I change this? I am powerless! Nar-Anon has gifted me with the tools to cope with this struggle. Let go and let God. I have heard this slogan numerous times in my life. Never understood or took it seriously until the pain of addiction became unbearable. Surrender?!? What? Not help my beautiful, sick son?

I've learned to let go and let God by surrendering-what a relief for me. Letting go and letting God continues to fill my inner thoughts. Constant conscious contact. The Serenity Prayer lifts my spirits, guides me to focus on God's will, not mine. Focusing on self care; if I can't care for myself, how can I care for others? Most importantly, the PAUSE....the gap in the human ego where the Divine steps in. Perhaps Another Unknown Solution Exists! When I focus on God's will and not mine, I make room for my Higher Power to guide me on this journey of recovery. Detachment has saved me from insanity.

Detaching with love was a process for me. I wasn't able to do it until I saw clearly and accepted fully that I cannot control my husband's addiction. That first step, accepting my powerlessness, coincided with a deeper understanding of addiction, one that allowed me to see that his struggle was real, it was about him and didn't have anything to do with his love for me or our family. I realized that I had been grasping at a future that I wanted and envisioned. I wanted our family to be intact, to have a stable home and to grow old with him as I had planned. I was trying to force us all into that vision.

Part of the acceptance for me was recognizing that we walk together, and that doesn't mean we will forever and in every moment. I saw that during his active addiction, we walked separately. He has his own journey and I don't have any right, authority or power over what that looks like for him. I realized that I was so controlling...I was trying to make him live as I expected rather than allowing him to live as his HP planned for him. It was humbling and freeing to finally let go. It was sad at times too, but the freedom it brought was so much better than the mental and emotional prison I created for him and for me. For the most part, I occupy this freedom most days.

When I slip back into fear, it is because I'm projecting into the future and trying to force my will. I can feel the tightness and tension, the obsession start to take hold and I remind myself I cannot control his addiction, that my life is peaceful and serene when I live in today and let go of matters that aren't mine to manage. I find living in the moment is key for me. When my mind starts to slip into fear of relapse, I focus on right now, this moment. Everyone is safe, we are together and healthy and that's what I focus on. I see now how my worry and obsession became almost a self-fulfilling prophecy. The very thing I feared played out and I ruined the moments that were joyful. I don't do that now.

The other piece of detaching with love was getting clear on my boundaries. I now know what I will and won't live with. I know what I need to feel safe should relapse occur. These boundaries make it easier for me to hold love and compassion in my heart because I am able to protect myself and care for me rather than get angry and resentful at him.



## Sharing Experience Strength and Hope

How have you detached with love?

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It was definitely trial and error when first attempting to detach with love. I was really good at detaching with hatred, anger, resentment, and frustration. Detaching with love was a whole new story. I had to read a lot of literature, attend a lot of meetings and listen to learn. After a while, I got a lot better at it, and I was proud of myself, because we are told it's "progress, not perfection." I still haven't got it down pat, but it's something I can never stop working on. My ALO deserves it and my peace and serenity increase every time I can have a positive interaction with him. Working my steps with my sponsor, doing service, and attending meetings all make me feel better, and when I feel better, I can do better.

Fear can get in the way of detaching with love. I remind myself of the slogan: Let go or be dragged. When I detach with love, I pray for the faith and courage to do it. I put the focus on myself and do the next right thing for my life. I remember Step 1. I'm powerless. I am responsible for my own life.

A false sense of responsibility gets in the way of detaching with love. I moved through it by reading literature that I related to; I shared with a friend in program; I went to my best source, G-d, and I got the message of how to move through the situation by using principles of kindness, compassion and self-care.

By being honest and journaling, I was able to respond in a way that respected my thoughts and showed compassion to the other person as well, without judgement or anger (after I had asked G-d to take those out of my character defects in this situation, too).

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**We want to hear from you!**

Next Month's Question:

How has practicing gratitude strengthened your recovery?

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

# Prayers and Poetry

## Detaching With love, My Love

I used to hold you tightly,  
fingers wrapped around your pain,  
believing if I loved enough,  
it would wash away the rain.

But love is not a tether,  
not a cure that I can give.  
It's the quiet faith of stepping back—  
the space that lets you live.

You chase a high I can't compete,  
a shadow dance I can't defeat.  
You fade behind those haunted eyes,  
where truth once lived and never lies.

And still, I wait beside the door,  
for footsteps that don't fall much more.  
A hope that flickers, faint but true—  
the part of me that reaches you.

Tonight, I light a candle's flame,  
not calling you, not casting blame.  
Its glow will travel where words can't go,  
to touch your path with a gentle glow.

I breathe your name into the air,  
release the ache that keeps me there.  
You are not mine to lose or save—  
your life, your voice, the path you pave.

So I lay down the need to steer,  
to silence pain, to calm my fear.  
You have your choice, your sacred right,  
to walk alone into your night.

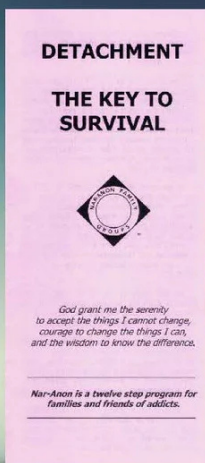
And still, I'll love you through the space,  
with open hands, with measured grace.  
No chains, no rescue, no demand—  
just light that reaches where you stand.

So I whisper to my heart,  
"Let go, but do not turn away."  
For love is not control or rescue—  
it's hope that walks beside and prays.

I'll love you through the distance,  
with hands no longer clenched in dread,  
trusting life to teach its lessons,  
and grace to hold us both instead.

## Nar-Anon

## Conference Approved Literature (CAL)



### Detachment - Key To Survival – Nar-Anon [Webstore](#)

Reading in our CAL that “detaching with love” means detaching from the problem, not the person, has helped me understand how to do it. I recognize that the problem is theirs to solve, and I get to continue to love, accept, and comfort them, no matter what choice they make.

## 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 it out.

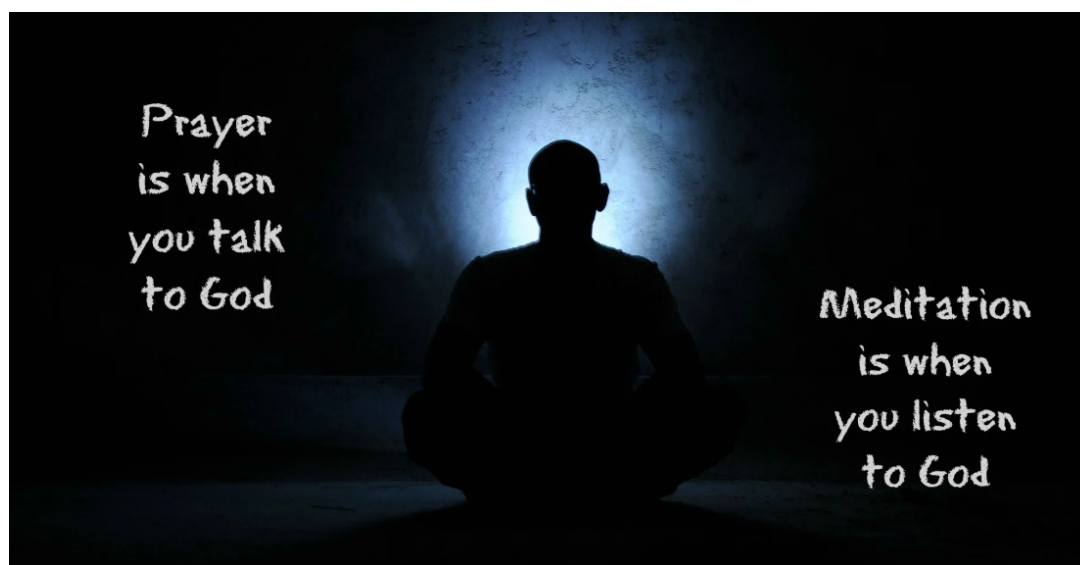
This, like most steps, has two parts. First we want to improve our communication with our Higher Power. We do this by praying or talking to our Higher Power and meditating or listening for the nudges and guidance from Him. Improvement is the goal.

Since this step begins with a one, a person can begin this step at any time. However, the steps build on each other as well. The steps we took help us recognize, trust and rely on a Higher Power as we continue. By the time one reaches Step Eleven, hopefully the relationship has been built. Step Eleven is considered a maintenance step. It helps one maintain spiritual fitness.

I was raised in a religious tradition and believed in a Higher Power, who I call God. God was up there in the heavens, far removed from my day to day life. As I took the steps, I started talking to God more and more throughout my day. After Step Three, I began to say some version of the Step Three prayer every morning. As I turned my life over each day and asked God to guide me, I saw His presence more and more. Seeing the things God did for me that I could not do for myself, I had spiritual awakenings and had prayers answered, I spoke to God more and more.

Praying is not a wish list though. This brings us to part two of this step. I can pray for things I want or things I think I need, but I must end with asking for His will in my life. I can only see the tree in front of me, God can see the whole forest. He knows what is best, I do not. I don't know what God knows. God may answer with a yes, a no, or a not yet. His will may not be what I want, that is why I need the power and courage to carry it out.

Meditation was more difficult for me. My mind tends to go all over the place and to keep it still and focused is difficult. I tried moving meditation through walking. Same problem. I recently signed up for a Tai Chi Qigong class. The instructor has us begin and end the class with 10 minutes of meditation. I have discovered that the meditation time at the end of class is easier. After stretching, moving and breathing for an hour, my body and mind have calmed down enough to focus. The breath and focus that the teacher suggested brings a peace and a calmness. Again, it is about improvement.



**Do you have experience, strength and hope to share on Step 12, Tradition 12 or Concept 12?**

**Please send it to us at [newsletter@naranonrm.org](mailto:newsletter@naranonrm.org) (along with a copyright release form)**

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.

Tradition 11 reminds us that Nar-Anon's strength lies not in how loudly we speak about our program, but in how clearly we live our principles.

In the world we live in, sharing everything, from our opinions to our struggles, is as easy as pushing a button. This Tradition invites us to take a step back and practice humility. Rather than trying to convince others that Nar-Anon works, we let our peace, serenity, and growth speak for themselves. When others see the calm in our lives, the change in our attitudes, or the gentleness in our responses, they may be drawn to ask, "What's different?" That's attraction, not promotion.

Anonymity is another vital part of this tradition. It protects both our Fellowship and the individual. By keeping our personal identities private in the media or public forums, we shift the focus from who we are to what Nar-Anon offers. This ensures that no single person becomes the face or spokesperson of the program, our message remains pure and collective.

In personal relationships, Tradition Eleven can remind us to share our experience, strength, and hope only when others are ready to hear it. Sometimes, our quiet example of recovery says far more than any speech could.

As we practice this tradition, we might ask ourselves:

- Am I letting my recovery be seen through my actions, not my words?
- Do I remember that my anonymity helps protect the unity and integrity of Nar-Anon
- How can I be a light that quietly invites others toward hope?

When we live this way, we become walking examples of attraction, not promotion, and carry the message of Nar-Anon with grace, humility, and love.

**To make a monetary contribution  
to the Rocky Mountain Region**

**[click this link](#)**

**Do you have experience, strength  
and hope to share on Step 12,  
Tradition 12 or Concept 12?**

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

This concept raises two important questions:

1. What is our primary purpose?
2. What does it mean to manage funds responsibly?

**Our primary purpose is simple:** to help families and friends of addicts. We fulfill that purpose when our groups stay open, when literature is available, when a newcomer can find us online, when regions send delegates to the world service conference, so the voice of the fellowship is heard. Every time funds are used in line with that purpose, the message of recovery is carried further.

## What “Responsibly” Looks Like

Interestingly, the word responsible or responsibly appears in six of the Twelve Concepts. Clearly, it’s a spiritual principle we’re asked to practice often. But what does it look like in real life?

- Having more than one person with access to see the bank account activity.
- A treasurer’s report shared regularly with group members.
- Full member participation in financial decisions, not just one or two voices.
- Asking questions before approving expenses.

Each group, area, or region should keep a prudent reserve—money set aside for necessary operating expenses. This is where we practice First Things First. At the group level, “first things first” might mean rent, literature, and Zoom expenses. At a regional level, it might mean maintaining a website or covering the cost of a delegate to attend the World Service Conference.

Every service body will have different priorities based on its unique situation. The point is to convert the essentials before moving outward to contribute beyond the group or region. There’s no “one size fits all.” Each body decides what is most important for their situation.

## Budgeting and Participation

Concept Eleven ties back to Concept Two: groups hold the authority and trust the trusted servants they elect.

- Committees should have the ability to ask for what they need.
- Proposals go to the region, where GSRs can ask questions, weigh risks, and vote yes or no.
- The key is participation—funding decisions do not belong to one person; they belong to the fellowship.

Concept Eleven reminds us that managing money is spiritual work. It’s about integrity, accountability, and trust. Every dollar has one job—to carry the Nar-Anon message. When we handle funds responsibly, we strengthen the bond of trust between groups and regions, ensuring the message keeps reaching families in need.

Further Reading:

Concept 11 Blue *Sharing Recovery* P 59

**HIGHER POWER - Help me to remember,  
The Traditions & Concepts are for me to practice, not for me to enforce**

# Join us at the 2025 Rocky Mountain Convention!

## “May I Have This 12th Step?” – Outreach Workshop

The Rocky Mountain Region Nar-Anon Outreach Committee will be hosting a workshop at this year’s regional convention: “May I Have This 12th Step?” on Saturday, November 15 from 2:45–4:00 PM in the Maroon Peak room. This interactive session explores the heart of outreach—carrying the message through attraction, not promotion—and offers tools, principles, and spiritual practices to bring hope to those who still suffer.

The Outreach team will also be staffing an information table throughout the weekend to connect with members, answer questions, and share ways to get involved in service. We’re still looking for volunteers to help cover a few open shifts. If you’ll be attending the convention and would like to lend a hand, please sign up here:

### [Volunteer for the Outreach Table](#)

Our regional convention is one of the best opportunities of the year to meet other members in person, share experience, strength, and hope, and learn new ways to bring Nar-Anon’s message into our local communities. Whether you’re new to service or a long-time member, your presence makes a difference.

If you’d like to join our committee, please email [outreach@naranonrm.org](mailto:outreach@naranonrm.org) or join us Tuesdays at 5:10 PM Mountain Time in the RMR Clubhouse.





## The Circle of Sponsorship Saturday Dec 6, 2025 10AM MT

SAVE  
THE  
DATE

Join  
US

Looking for a  
Sponsor?

Looking for a  
Sponsee?



"Sponsors - get one,  
use one, be one"

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

Email: [SponsorshipCommittee@naranonrm.org](mailto:SponsorshipCommittee@naranonrm.org)

Hosted by the Rocky Mountain Region NFG

## 2025 RMR Convention Speakers Live

Carry the Message - Sat 9AM MT

Saturday Night Speaker - Sat 7 PM MT

Spiritual Speaker - Sunday 10:30 AM MT



There are 3 opportunities for  
members to join the  
Convention virtually





*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. Submit to [\*\*newsletter@naranonrm.org\*\*](mailto:newsletter@naranonrm.org). Each submission must be accompanied by a signed release form before it can be published.

**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)

