

# CLA<sup>SM</sup> Telephone Activity Sessions Downloadable Directory

Daily Activity Sessions	Pacific Time	Eastern Time	Description	Phone Number (* = international)	Access Code	Mute	Unmute
<b>Action Line</b>	24/7 (except during Focused Action Session)	24/7 (except during Focused Action Session)	Brief check-ins sharing commitments and progress reports, at the top and bottom of the hour, using a round robin format. (Person who shares listens to the next member's check-in.) Members often stay on the line taking their actions together, giving and receiving support, while enjoying the fellowship of other CLA members. You may arrange to meet buddies or, possibly, find others already there. Example of "top of the hour," is 3:00; "bottom of the hour," 3:30.	515-739-1031	185487 #	*6	*6
<b>Commitment Line</b>	24/7 (except 7 a.m.)	24/7 (except 10 a.m.)	Very brief, 10-15 second, commitments for the coming half hour beginning promptly on the top and bottom of the hour. Members remain quietly on the call until everyone finishes before quickly hanging up to complete commitments off-line. Example of "top of the hour," is 3:00; "bottom of the hour," 3:30.	515-604-9000 (*)	670013 #	*6	*6
<b>Victories &amp; Goals</b>	6:45–7 a.m.	9:45–10 a.m.	Briefly share recovery Victories of yesterday and recovery Goals for today within one to two minutes.	515-604-9000 (*)	670013 #	*6	*6
<b>Divine Decluttering</b>	7:30—10:00 a.m.	10:30 a.m. – 1:00 p.m.	<p>Meditation into action Get unstuck by daily action and prayer</p> <p><b>10:30 AM-10:45 AM</b> - Quiet Meditation and Prayer CLA Step 11 On Awakening (page 86 in A.A.®'s <i>The Big Book</i>®) A.A. Daily Reflection</p> <p><b>10:45 AM - 11:00 AM</b> - Spiritual Sharing Only</p> <p><b>11:00 AM</b> - Action Check-ins</p> <p><b>Monday 12:00 PM (noon) - 1:00 PM</b> - On the first Monday of the month, Procrastination Meeting followed by a one-hour Procrastination work session. On the following Mondays of the month, 12:00 PM (noon) - 2:00 PM are two-hour Procrastination work sessions.</p> <p><b>Tuesday 12:00 PM (noon)</b> - Step/Tradition Recovery Meeting</p> <p><b>Wednesday 12:00 PM (noon)</b> – Meeting with Focus on Self Nurturing</p> <p><b>Saturday 12:00 PM (noon) - 2:00 PM</b> - Focused work session on cleaning</p>	712-770-4010 (*)	852600 #	*6	*6

Daily Activity Sessions	Pacific Time	Eastern Time	Description	Phone Number (* = international)	Access Code	Mute	Unmute
			the Kitchen <b>Sunday 9:30 PM</b> - Plan-your-week meeting by focusing on the 9th CLA leaflet Measuring Progress on Our Journey in Recovery				
<b>Peaceful Paperwork</b>	4:00-4:24 p.m.	7:00-7:24 p.m.	Days: Mon, Tue, Wed, Fri, Sun Members work on any aspect of paperwork or clutter on their computers or phones.	712-432-3900	727176 #	*1	*1
<b>Release Victory Shares</b>	4:30–4:54 p.m.	7:30–7:54 p.m.	Members briefly share recent victories in disposing of physical clutter.	515-604-9021 (*)	102163 #	*6	*6

Problems? See “Alternate Phone Numbers” page (<https://clutterersanonymous.org/meetings/alternate-phone-numbers/>).

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