Index of Topics Covered in the CLArity Newsletter from the Spring 2007 through Summer 2017 Issues

12-Step Program
And religion—Fall 2013, pp. 1 & 3
Definition—Spring 2007, p. 1
With a sponsor—Holiday 2012, p. 8; Summer 2013, p. 8;
   Holiday 2013, pp. 1 & 2; Spring 2014, p. 6
Why we work—Fall 2011, p. 5

12 Steps
Spring 2014, p. 6; Summer 2014, p. 8; Holiday 2014, p. 5;
   Summer 2017, pp. 1, 2 & 3
And clutter—Spring 2013, p. 1; Spring 2014, p. 5
And resentment—Summer 2014, pp. 5 & 7
Benefits of—Spring 2010, p. 7; Summer 2010, p. 7;
   Summer 2013, pp. 1 & 3; Spring 2014, pp. 4, 6 & 7
Freening—Summer 2009, p. 4
Importance of—Fall 2009, pp. 5 & 6; Fall 2014, pp. 5 & 6
Writing—Spring 2017, p. 4
Step 1—Spring 2007, pp. 1 & 4; Summer 2013, p. 1;
   Fall 2014, pp. 5 & 6; Fall 2016, p. 7
Steps 2 & 3—Summer 2007, pp. 1 & 4;
   Holiday 2009, pp. 7 & 8; Summer 2013, p. 1;
   Fall 2014, pp. 5 & 6; Fall 2016, p. 7
Step 4—Fall 2007, pp. 1, 3 & 4;
   Spring 2010, pp. 3 & 5 (R); Fall 2012, p. 5;
   Summer 2014, pp. 5 & 7; Summer 2017, p. 3
Step 5—Holiday 2007, pp. 1, 2 & 6
Steps 6 & 7—Spring 2008, pp. 1, 2 & 8
Step 7—Spring 2017, p. 4
Steps 8 & 9—Summer 2008, pp. 1, 2 & 8;
   Summer 2015, pp. 6 & 7
Step 10—Fall 2008, pp. 1 & 2; Summer 2014, p. 7
Step 11—Holiday 2008, pp. 1, 2 & 8; Summer 2015, p. 7
Step 12—Spring 2009, pp. 1, 2 & 8; Fall 2015, p. 4 (R)
Steps (General)—Fall 2009, p. 3

12 Traditions
Summer 2013, p. 8; Holiday 2014, pp. 1 & 2;
   Summer 2016, pp. 1 & 2; Holiday 2016, p. 3
And Anonymity—Holiday 2014, pp. 2 & 7
And Meetings—Holiday 2011, pp. 3 & 6
Applying Traditions—Summer 2009, p. 4;
   Summer 2016, pp. 1 & 2
Attraction, not promotion—Spring 2015, pp. 1 & 7
Importance of—Summer 2009, pp. 1, 2, & 8;
   Fall 2013, p. 8
Reason for—Summer 2009, pp. 1 & 8
Tradition 1—Fall 2009, pp. 1, 2 & 8
Tradition 2—Holiday 2009, pp. 1, 2 & 8
Tradition 3—Spring 2010, pp. 1, 2 & 8
Tradition 4—Summer 2010, pp. 1, 2 & 8
Tradition 5—Fall 2010, pp. 1 & 7
Tradition 6—Holiday 2010, pp. 1, 2 & 8
Tradition 7—Spring 2011, pp. 1 & 7; Fall 2012, p. 8;
   Fall 2016, p. 1 & 3
Tradition 8—Summer 2011, pp. 1, 2 & 8
Tradition 9—Fall 2011, pp. 1, 2, & 8; Fall 2012, p. 5
Tradition 10—Holiday 2011, pp. 1, 2 & 8
Tradition 11—Spring 2012, pp. 1, 2 & 8
Tradition 12—Summer 2012, pp. 1, 2, 7 & 8

Abstinence
Summer 2015, pp. 1 & 7; Holiday 2015, p. 4
Need for—Holiday 2007, pp. 3 & 5

Action (See Also Tools: Daily Action)
Summer 2009, p. 4; Spring 2012, pp. 7 & 8;
   Fall 2013, p. 6; Holiday 2013, p. 3
Easy Does it but do it!—Summer 2010, p. 3
In-home Action Group—Summer 2008, p. 1;
   Spring 2015, p. 7 (R)
Right Action—Fall 2008, p. 7

Acceptance
Summer 2017, pp. 1 & 2

Advertising (See Media)

Affirmations
Action Is the Magic Word—Summer 2009, p. 4
Allot more time than needed—Fall 2011, p. 4;
   Spring 2013, p. 8
Attention and action on clutter in present—
   Holiday 2011, p. 7; Summer 2012, p. 4
Eliminate old activity before adding new—
   Summer 2008, p. 2
If you're not having fun...—Summer 2007, p. 4
Let go of what is insignificant—Fall 2014, pp. 1 & 2
One day at a time—Spring 2008, p. 1
Set reasonable goals—Spring 2013, p. 8
With every item I release—Summer 2016, p. 6

Alcoholics Anonymous
Basis for CLA—Spring 2007, p. 1
Relationship with—Holiday 2013, p. 5

Amends
Summer 2015, pp. 6 & 7; Fall 2015, p. 3
And Steps—Summer 2008, pp. 1 & 8

(R) indicates article is a reprint.
Announcements of Note
CLA birthday—Holiday 2008, p. 7; Spring 2009, p. 7
Meeting Registration—Holiday 2011, pp. 2 & 6
Newcomer booklet—Fall 2008, p. 1
Nonprofit status—Fall 2008, p. 5

Anonymity
Holiday 2014, pp. 4 & 7
And Meeting Directory—Holiday 2011, p. 7
And newcomers—Spring 2012, p. 2
And Spirituality—Summer 2012, p 1
And Traditions—Summer 2010, p. 1;
   Spring 2012, pp. 1 & 2; Summer 2012, pp. 1, 2, 7 & 8
At Clutter-Free Day—Fall 2012, p. 6
At level of media—Spring 2011, p. 5;
   Spring 2012, pp. 1, 2 & 8; Summer 2012, p. 2;
   Summer 2016, pp. 1 & 3
Importance of—Holiday 2014, pp. 2 & 7

Appreciation (See Gratitude)

Artwork (Also See Poetry)
Artwork—Summer 2008, p. 7
Cartoon—Spring 2015, p. 3; Holiday 2015, p. 4;
   Spring 2016, p. 7; Fall 2016, p. 6

Attitude
Change—Spring 2008, p. 1; Spring 2015, p. 4

Attraction, not Promotion
Spring 2012, pp. 1, 2 & 8; Spring 2015, pp. 1 & 7;
   Summer 2015, p. 7; Spring 2015, pp. 1 & 7;
   Summer 2016, pp. 1 & 3

Being Stuck
Overcoming—Summer 2008, p. 6; Spring 2009, p. 6;
   Summer 2009, p. 4; Fall 2013, pp. 4 & 5;
   Fall 2015, p. 6 (R); Fall 2016, pp. 1 & 7

Betrayal
Fall 2011, p. 6

Boundaries
Setting—Fall 2016, p. 7

Carry the Message
And Step work—Spring 2009, pp. 1& 8;
   Fall 2010, pp. 1 & 2; Summer 2011, p. 8
And Traditions—Holiday 2010, p. 1; Summer 2011, p. 8;
   Holiday 2011, p. 8; Holiday 2016, p. 5
Public Information Officer—Summer 2016, pp. 1 & 3

CHAOS
Fall 2007, p. 4; Spring 2008, p. 1; Holiday 2011, p 3;
   Spring 2012, pp. 6 & 7; Summer 2013, pp. 4 & 7 (R)
Overcoming—Spring 2012, p. 3

Character Defects
Summer 2017, p. 6
And inventory—Holiday 2007, p. 2; Spring 2008, p. 1
Compulsive behaviors—Summer 2016, pp. 1 & 4

Checklist
Summer 2014, p. 2

CLA Committees
All committees—Summer 2009, p. 5; Spring 2010, p. 4;
   Fall 2010, p. 5, Summer 2011, p. 5;
   Spring 2014, pp. 3 & 6
All Phone Groups Committee—
   Summer 2015, pp. 1, 3 & 4
As part of CLA Service Structure—Fall 2011, p. 2
CLAurity—Summer 2009, p. 6; Spring 2010, p. 4;
   Holiday 2010, p. 4; Spring 2011, p. 6;
   Holiday 2011, pp. 1 & 3; Summer 2012, pp. 5 & 6;
   Fall 2013, pp. 4 & 5; Fall 2016, p. 3; Holiday 2016, p. 4
Convention Committee—Holiday 2015, pp. 1 & 3
Cyber Committee & website—Fall 2014, pp. 2 & 6;
   Summer 2015, p. 4
Executive Committee—Summer 2012, p. 6
Finance Committee—Holiday 2014, pp. 5 & 7
Literature Committee—Spring 2008, p. 6;
   Spring 2009, p. 3; Spring 2010, p. 4;
   Summer 2015, p. 4; Holiday 2015, p. 3
Registration Committee—Spring 2012, p. 5

CLA Conventions
Fall 2014, p. 1; Holiday 2014, pp. 1 & 6;
   Summer 2015, p. 4; Summer 2015, p. 8;
   Fall 2015, p. 8; Holiday 2015, p. 8; Spring 2016, p. 8;
   Summer 2016, p. 8; Holiday 2016, p. 8; Spring 2017, p. 8;
   Summer 2017, pp. 3 & 8
Planning—Holiday 2015, pp. 1 & 3

CLA Meeting Directory (See Meetings.)

CLA History
CLA-East—Fall 2007, pp. 1 & 3; Holiday 2011, p. 4;
   Fall 2012, pp. 6 & 7
CLA as a whole—Summer 2007, pp. 1 & 3;
   Spring 2009, p. 5; Holiday 2009, pp. 4 & 5;
   Summer 2014, pp. 1 & 2 (R)
WSO—Spring 2010, p. 1 & 7; Fall 2011, p. 8;
   Summer 2014, p. 8

CLA Logo
Holiday 2012, p. 3
**CLA Service Positions**

All Levels—Summer 2008, p. 3; Summer 2011, p. 3; Summer 2011, p. 8

Group level—Fall 2011, pp. 5 & 7

Intergroup Officers—Spring 2007, p. 1

WSO Officers—Spring 2007, p. 1; Holiday 2008, p. 5; Summer 2011, p. 5; Holiday 2013, p. 3; Spring 2016, pp. 1 & 6; Spring 2017, p. 5

**CLA Service Structure**

Delegates and Representatives—Spring 2010, pp. 5 & 7

Intergroups & WSO—Spring 2009, p. 5; Holiday 2016, p. 2

Organization—Fall 2011, p. 1; Fall 2011, p. 8

**CLA Slogans**

Summer 2017, p. 2

A Decision to Decide—Fall 2013, p. 2

Action is the magic word—Summer 2009, p. 4

Completion Cycle—Summer 2011, p. 6

Do One Thing at a Time—Holiday 2013, pp. 1 & 5

Easy Does it—Summer 2010, p. 3

Fake it ‘Til You Make It—Holiday 2014, p. 7

Good Orderly Direction—Spring 2017, p. 1

HALT—Spring 2009, p. 4; Fall 2016, p. 7

I Am Enough—Summer 2017, p. 6

It works if you work it—Spring 2010, p. 7

Keep It Simple—Summer 2014, p. 6

OHIO—Fall 2009, p. 6

Progress not perfection—Spring 2011, p. 6

Wait until the miracle happens—Holiday 2010, p. 4

**CLA World Service Organization (WSO)**

About—Summer 2008, p. 5; Fall 2012, pp. 5 & 8; Holiday 2012, pp. 1 & 3; Summer 2015, p. 3

Beginnings—Fall 2011, p. 8; Summer 2014, p. 3 (R)

Benefits of—Summer 2008, p. 5

Committees (See CLA Committees.)

Communications—Fall 2008, p. 5

Delegates—Summer 2008, p. 5; Spring 2011, p. 5

Difference from intergroups—Spring 2009, p. 5; Spring 2010, p. 5

Gratitude for—Holiday 2010, p. 5

Need for Service—Fall 2011, p. 4; Spring 2015, p. 1 & 6

New things—Spring 2010, p. 4

Objectives—Fall 2009, p. 4

Officer Guidelines—Holiday 2011, p. 5

Officer positions & elections—Spring 2008, p. 3; Summer 2008, p. 3; Summer 2008, p. 1; Holiday 2008, p. 5; Summer 2009, p. 5; Summer 2010, p. 5; Summer 2012, p. 3; Spring 2013, p. 5; Summer 2013, p. 5; Spring 2014, p. 5; Summer 2015, p. 5; Spring 2016, pp. 5 & 6; Summer 2016, p. 5

Problems—Fall 2009, p. 4

Purpose for—Spring 2011, p. 5

Who Attends—Summer 2008, p. 5

WSO Facts—Summer 2008, p. 5; Fall 2008, p. 5; Holiday 2009, p. 5; Spring 2010, p. 1

**CLArity**

Article guidelines—Spring 2011, p. 6

Beginnings—Summer 2009, p. 6

Gratitude for—Holiday 2010, p. 4

Process—Summer 2009, p. 6; Holiday 2010, p. 4

**Clutter**

And awareness—Spring 2015, p. 1

And dating—Holiday 2015, pp. 6 & 7

And holidays—Holiday 2007, pp. 1 & 4

And inventory—Holiday 2007, p. 2

And moving—Fall 2015, pp. 5 & 8

And recycling—Fall 2015, p. 6

And shame—Holiday 2014, p. 4

And Stress—Spring 2015, p. 4; Holiday 2016, pp. 1 & 2

And television—Summer 2015, pp. 5 & 7; Summer 2016, p. 4

Tuning out—Spring 2015, pp. 1 & 6

**Clutter Fog**

with Step work—Spring 2007, p. 1; Spring 2009, p. 4

**Clutter-Free Day (CFD)**

Berkeley, CA—Holiday 2009 p. 3

CLA-East—Summer 2007, p. 4; Fall 2007, p. 1; Holiday 2007, p. 3; Summer 2008, p. 6; Fall 2009, p. 4; Spring 2010, p. 6; Fall 2010, p. 7; Spring 2011, p. 3; Summer 2011, pp. 3 & 4; Fall 2013, p. 5; Fall 2014, pp. 4 & 5; Fall 2015, pp. 5 & 7; Fall 2016, p. 4; Holiday 2016, p. 3

General CFD information—Spring 2010, p. 6; Fall 2012, pp. 6 & 7

Southern California—Holiday 2008, p. 6; Holiday 2010, p. 2

**Clutter-free Zone**

Fall 2015, p. 4

**Commitment/Commitments**

Spring 2011, p. 7; Spring 2014, p. 2; Summer 2016, pp. 5; Summer 2017, p. 3 & 6

And service—Fall 2011, p. 7; Holiday 2016, p. 3

Keeping—Fall 2008, p. 7
Value of keeping—Spring 2009, p. 4

**Communication in CLA**
Between co-chairs—Fall 2008, p. 1
Disseminate info—Spring 2008, p. 7

**Completion Cycle (see maintenance)**

**Concepts of Service**
Fall 2007, p. 3; Fall 2008, p. 3

**Crosstalk**
Spring 2012, p. 3

**Decisions**
Holiday 2008, p. 2; Fall 2013, p. 3; Summer 2014, p. 6;
Spring 2016, pp. 1, 3, 4, 7 & 8; Fall 2016, pp. 1 & 2;
Holiday 2016, p. 1; Holiday 2016, p. 7
And procrastination—Spring 2014, p. 3;
Spring 2016, pp. 1 & 7; Fall 2013, p. 3; Spring 2016, pp. 1 & 2

**Decluttering Success**
Fall 2007, p. 4; Fall 2009, p. 3; Holiday 2009, p. 1;
Summer 2010, p. 4; Holiday 2010, p. 5;
Fall 2011, p. 8; Spring 2012, pp. 7 & 8;
Fall 2012, pp. 1, 4 & 7; Spring 2013, p. 4;
Fall 2014, p. 7; Holiday 2014, pp. 3 & 7;
Spring 2015, p. 4; Summer 2015, pp. 1 & 2;
Holiday 2015, p. 5; Spring 2016, pp. 1 & 2;
Summer 2016, pp. 5 & 6; Summer 2016, p. 6;
Fall 2016, p. 4; Fall 2016, p. 6; Holiday 2016, pp. 1 &
2; Spring 2017, pp. 1, 2, 3, 4 & 6; Summer 2017, pp. 2 &
6
Able to bypass store—Fall 2007, p. 4
Able to pass up freebies—Summer 2010, pp. 2 & 8;
Spring 2015, p. 4
Able to invite guests over—Fall 2007, p. 1
Alternating Activities—Summer 2008, p. 1
And angst—Holiday 2015, pp. 1 & 5
And daily action—Fall 2010, p. 1; Fall 2014, pp. 6 & 7;
Holiday 2014, pp. 5 & 6; Fall 2016, p. 7
And holidays—Holiday 2007, p. 4
And meetings—Summer 2010, p. 7
And moving—Fall 2015, pp. 1 & 2
And recycling—Spring 2015, pp. 1 & 2
And Release Victories Session—Holiday 2014, pp. 3 & 7
And service—Fall 2008, p. 3
Completion Cycle—Summer 2009, p. 3
In-home action group—Summer 2008, p. 1;
Spring 2015, p. 7 (R)
Kitchen—Spring 2008, p. 1; Summer 2013, pp. 4 & 7 (R)
Motivation—Summer 2010, p. 6
Office Supplies—Fall 2007, p. 4

Paper—Fall 2010, p. 2; Spring 2011, p. 1;
Summer 2012, p. 4; Fall 2012, pp. 1 & 5; Fall 2012, p 8; Spring 2013, p. 3; Spring 2013, pp. 3 & 5;
Fall 2015, p. 5; Summer 2016, p. 4; Fall 2016, p. 7;
Spring 2017, p. 4; Summer 2017, p. 2
Putting away purchases—Fall 2010, p. 1
Release to Charities—Holiday 2007, p. 4
Sharing—Summer 2011, p. 6
Streamlining—Fall 2012, pp. 1 & 4
Storage unit—Spring 2010, p. 8
Using buddies—Summer 2008, p. 7
Using help—Spring 2016, pp. 4 & 8
Using technology—Fall 2012, p. 8; Holiday 2012, p. 5;
Spring 2013, p. 7
Using tools—Holiday 2007, p. 6; Summer 2013, pp. 5 & 6
While working Steps with sponsor—Spring 2013, p. 3

**Declutterthon**
Summer 2013, p. 6; Summer 2015, p. 3; Spring 2017, p. 6

**Denial**
Breaking down—Holiday 2015, p. 6

**Depression**
Fall 2011, p. 6; Holiday 2011, p 3; Holiday 2013, p. 6;
Spring 2017, p. 5

**Disruptive or Controlling Member(s)**
And Traditions—Spring 2016, pp. 5 & 7
And service—Summer 2012, p. 7
How group was affected—Fall 2008, p. 4;
Holiday 2008, p. 4
How solved—Fall 2008 p. 4
Interrupting and Yelling—Summer 2011, p. 4

**Empty Space**
Summer 2017, p. 8

**Excess Purchases**
Avoiding—Fall 2010, p. 1

**Experience Greed**
Fall 2015, p. 3; Summer 2016, pp. 1 & 4

**Experience, Strength and Hope (ESH)**
Spring 2012, p. 3; Summer 2014, p. 5

**Family (See Relationships)**
Fear
Spring 2008, pp. 1 & 2; Holiday 2008, p. 4;
  Spring 2015, pp. 3 & 5; Spring 2016, pp. 4 & 8;
  Summer 2016, pp. 1 & 4
And procrastination—Spring 2014, p. 3;
  Summer 2015, pp. 4 & 6
As motivator—Summer 2014, p. 6

Feeling Alone
Summer 2011, p. 6

Fellowship of Program Members
Fall 2011, p. 4
And recovery—Summer 2014, pp. 3 & 4
Clutter-Free Day—Holiday 2007, p. 4

Finding/Losing Things
And clutter—Summer 2014, pp. 1
Losing things—Summer 2014, p. 4

Flat Space
Spring 2008, p. 1; Fall 2009, p. 7

Forgiveness
Summer 2008, p. 8; Spring 2010, p. 4

Focus on Self
Summer 2011, p. 6

Found Items
While decluttering—Spring 2008, p. 1;
  Summer 2012, pp. 4 & 7

God (See Higher Power)

Governing
Fall 2011, pp. 1, 2, & 8; Fall 2012, p. 5

Gratitude and Appreciation
Spring 2017, p. 2; Summer 2017, p. 4
For CLArity—Holiday 2010, p. 4
For WSO—Holiday 2010, p. 5
Gratitude and accomplishments journal—
  Holiday 2012, pp. 2 & 4

Group Autonomy
And Traditions—Summer 2010, p. 1

Group Conscience
Fall 2007, p. 3; Summer 2012, p. 6; Summer 2013, p. 7
Decision making—Fall 2008, p. 3;
  Holiday 2009, p. 1, 2 & 8; Summer 2010, p. 3;
  Fall 2011, p. 8

Group Dynamics
Fall 2016, p. 3
Affects recovery—Fall 2008, p. 4; Holiday 2008, p. 4
And Traditions—Fall 2009, p. 1; Holiday 2009, pp. 1 & 2;
  Spring 2010, p. 8; Holiday 2011, pp. 3 & 6;
  Fall 2013, p. 8; Holiday 2014, pp. 1 & 2
Democratic groups—Holiday 2009, p. 1;
  Holiday 2011, pp. 3 & 6
Guidelines—Summer 2015, p. 4
Interruptions—Summer 2011, p. 4; Spring 2012, p. 3
Leadership rotation—Summer 2014, p. 5
Losing members—Summer 2010, p. 4
Overcoming problems—Fall 2008, p. 4; Holiday 2008, p. 4
Purchases—Summer 2010, pp. 3 & 6

Group Stories
Baltimore, MD—Summer 2008, p. 6
Declutterthon—Summer 2009, p. 6
London, England—Holiday 2008, p. 4
Los Angeles Civic Center—Spring 2011, p. 7;
  Summer 2016, pp. 5 & 6 (R)
North Hollywood, CA—Fall 2008, p. 4
Springfield, Massachusetts—Spring 2012, pp. 6 & 7
Teaneck, New Jersey—Summer 2013, p. 3; Summer 2017,
  p. 3
Whittier, CA—Summer 2010, p. 4

Guilt (See Shame)

Habits
Spring 2008, p. 1; Fall 2015, pp. 1 & 3
And daily action—Fall 2015, p. 3
And family—Holiday 2007, p. 3
Changing—Fall 2015, p. 8
Learninghealthy—Summer 2011, p. 6

Help
Fall 2007, pp. 1 & 3; Spring 2016, pp. 4 & 6
Higher Power (or God)
Spring 2008, p. 4; Spring 2016, p. 8; Summer 2017, p. 1;
    Summer 2017, p. 3; Summer 2017, p. 4
And religion—Fall 2013, p. 2
And Steps—Summer 2007, p. 4; Summer 2013, p. 3
And Tools—Holiday 2010, p. 7
Asking for help—Spring 2008, p. 1; Holiday 2009, p. 7;
    Fall 2016, p. 7
Filling the Void—Holiday 2014, p. 4
Finding—Fall 2007, p. 4
God and Higher Power—Spring 2010, p. 5
Good Orderly Direction—Spring 2017, p. 1
In meetings—Fall 2011, p. 4
Letting Go—Summer 2013, p. 3; Summer 2015, p. 3
Relationship with—Fall 2007, p. 1; Holiday 2008, p. 8;
    Fall 2011, pp. 5 & 7; Spring 2012, p. 5; Fall 2012, p. 5;
    Fall 2012, p. 7; Holiday 2012, p. 8; Fall 2016, p. 4
Turning will (or life) over to—Summer 2007, p. 2;
    Holiday 2010, pp. 7; Summer 2011, p. 6;
    Spring 2013, pp. 1 & 3; Summer 2013, p. 1;
    Fall 2014, pp. 5 & 6; Holiday 2015, p. 6

Hoarding
Fall 2007, p. 4; Holiday 2016, p. 3

Holiday Articles
And clutter—Holiday 2013, pp. 1 & 3
Entertaining—Holiday 2012, pp. 1 & 7
Holidays and clutter—Holiday 2007, p. 1 & 4
Hope—Fall 2008, pp. 4 & 6
Preparing for the Season—Fall 2008, p. 6
Spirituality—Holiday 2008, p. 6
Procrastination & overscheduling—Holiday 2009, p. 1

Hospital & Institutions [H & I] (See Outreach)

Humility
And group will—Fall 2009, p. 1 & 2
And anonymity—Summer 2012, pp. 2 & 8;
    Holiday 2014, p. 7
Turn over to God—Spring 2007, p. 2

Humor
A humorous wording—Fall 2008, p. 7; Holiday 2016, p. 4;
    Spring 2017, p. 3
Cartoon—Spring 2015, p. 3; Holiday 2015, p. 4;
    Spring 2016, p. 7; Fall 2016, p. 6; Holiday 2016, p. 7;
    Spring 2017, p. 7; Summer 2017, p. 7
Summer Camp—Summer 2015, pp. 1 & 2

In-Home Action Team
Summer 2008, pp. 1 & 4; Spring 2015, p. 7 (R)

Intergroups
Spring 2013, p. 3
CLA-East—Fall 2007, pp. 1 & 3; Fall 2008, p. 1;
    Holiday 2010, p. 1; Holiday 2011, pp. 4

Interruptions (See Group Dynamics)

Inventory
Spring 2012, p. 6; Summer 2014, pp. 4 & 7;
    Fall 2016, p. 7; Summer 2017, p. 3
And service—Summer 2012, p. 1
Functions of—Holiday 2007, pp. 1 & 2
Sharing w/other—Holiday 2007, pp. 1 & 2

Isolation and Emptiness
Holiday 2013, pp. 4 & 6; Summer 2015, pp. 5 & 7;
    Holiday 2016, p. 3
Alleviating—Summer 2008, p. 4
And trust—Fall 2011, p. 6
Meetings—Summer 2009, p. 8

Judging Others
Summer 2011, p. 4
Suspending Judgment—Spring 2012, p. 3

Keep Coming Back
Spring 2011, p. 7; Summer 2016, pp. 5 & 6

Letter from the Chair
Alison B., NJ—Spring 2008, p. 7; Summer 2008, p. 4;
    Fall 2008, p. 4; Holiday 2008, p. 4; Spring 2009, p. 4;
    Summer 2009, p. 4; Fall 2010, p. 4; Holiday 2010, p. 4;
    Spring 2011, p. 1, Summer 2011, p. 4; Fall 2011, p. 4;
    Holiday 2011, p. 4; Summer 2012, p. 4
Deborah G.—Holiday 2013, p. 4; Spring 2014, pp. 1 & 4;
    Summer 2014, p. 4; Fall 2014, p. 4; Holiday 2014, p. 4;
    Spring 2015, pp. 1 & 6; Summer 2015, p. 4
Kathy H., CA—Fall 2009, p. 4; Holiday 2009, p. 4;
    Spring 2010, p. 4; Summer 2010, p. 4
James C., NY—Fall 2016, p. 4; Summer 2017, p. 4
Stephanie A., Holiday 2012, p. 4; Spring 2013, p. 4

Letting Go
Fall 2012, p. 7; Summer 2015, p. 3
Let go and let God—Fall 2007, p. 1
Of control—Holiday 2011, p. 6
Of resentments—Summer 2014, pp. 4 & 7
Using Steps—Spring 2008, p. 1; Spring 2008, p. 8;
    Summer 2008, p. 8
Literature (See also Tools of Recovery)
A.A. Literature—Fall 2009, pp. 2 & 7; Fall 2010, p. 3; Fall 2011, p. 7; Fall 2013, p. 8; Holiday 2013, p. 5
CLA Literature—Fall 2009, p. 7; Spring 2009, p. 3; Fall 2011, p. 7; Holiday 2015, p. 3; Summer 2017, p. 6
Code of Conduct—Spring 2016, p. 6
Declutter Your Mind, Fall 2012, p. 4; Spring 2013, pp. 6 & 8
Decluttering Resentment—Summer 2008, p. 8; Spring 2010, p. 4; Summer 2014, pp. 5 & 7
Finding Your Life Purpose—Summer 2013, pp. 1 & 3
Home: Our Sacred Place—Spring 2012, pp. 1 & 5; Holiday 2013, p. 6
Measuring Progress on Our Journey in Recovery—Summer 2015, p. 3; Holiday 2015, p. 4; Fall 2016, p. 1
Spiritual Timing—Fall 2015, pp. 3 & 8
Welcome Leaflet—Spring 2016, pp. 3 & 4; Summer 2016, p. 7; Fall 2016, p. 5; Holiday 2016, p. 4; Spring 2017, pp. 6 & 8
Non-CLA Literature—Fall 2009, p. 7; Holiday 2009, pp. 6 & 7; Summer 2010, p. 8; Fall 2011, p. 7; Summer 2016, pp. 4 & 5
What literature—Fall 2010, p. 3; Holiday 2011, p. 8

Mail (See Paper)

Maintenance
Holiday 2011, p 7; Fall 2015, p. 3; Fall 2016, p. 7; Spring 2017, pp. 5 & 8
Completion Cycle—Summer 2009, p. 1; Summer 2011, pp. 3 & 6

Marathon
Phone groups—Summer 2009, p. 6

Media (print, film, TV, etc.)
Spring 2012, pp. 1, 2, & 8; Summer 2015, p. 7
And anonymity—Summer 2012, pp. 2 & 8
Advertising and public media—Spring 2011, p. 4
Cooperation with—Summer 2012, p. 2
Hoarding shows—Summer 2010, pp. 1 & 3; Spring 2011, p. 4
TV—Spring 2011, p. 4

Meditation
Holiday 2014; p. 8
And Higher Power—Holiday 2012, p. 6; Summer 2015, p. 3
On home—Spring 2012, p. 5

Meetings (also see Groups, Tools of Recovery)
Business meetings—Fall 2007, p. 3; Fall 2008, p. 3
CLA Directory—Holiday 2011, p 7; Holiday 2015, pp. 5 & 7
Closed meeting—Summer 2012, p. 6
Finding space—Fall 2013, p. 4
Leading—Summer 2009, p. 3; Fall 2012, p. 3
No meetings—Summer 2009, p. 8; Fall 2015, p. 6
Phone groups—Spring 2008, p. 5; Summer 2009, p. 8; Fall 2012, p. 3
Registration—Holiday 2011, pp. 2 & 6; Spring 2012, p. 5; Fall 2014, p. 8; Holiday 2015, pp. 5 & 7
Search for—Holiday 2009, p. 1
Starting meeting—Fall 2010, p. 1; Holiday 2010, p. 6; Spring 2011, p. 7; Fall 2011, p. 8; Holiday 2013, p. 4; Summer 2016, pp. 5 & 6
Which to attend—Fall 2012, p. 3

Message of Recovery
CLA’s purpose—Fall 2008, p. 1; Fall 2010, p. 1

Mind Clutter
Holiday 2008, pp. 1, 2, 6 & 7; Spring 2013, p. 6; Summer 2017, p. 4

Motivation
Motivation for clutter—Summer 2015, pp. 4 & 6
Motivation to declutter—Holiday 2007, pp. 3 & 6; Summer 2010, p. 6; Summer 2013, p. 4; Fall 2015, p. 7; Spring 2017, p. 5

Mourning Loss of Clutter
Spring 2013, pp. 1 & 3; Summer 2015, p. 3

Newcomers
Fall 2010, p. 8
Advice—Fall 2015, pp. 1 & 2
Finding Meetings—Holiday 2015, pp. 5 & 7

Nonphysical Clutter
Spring 2015, p. 1; Spring 2015, p. 7; Summer 2016, pp. 1 & 4
Mind Clutter—Summer 2016, pp. 3 & 7

Nonprofit Status
501(c)3 obtained—Fall 2008, p. 5
Officers' Corner

Alison B., NJ—Holiday 2007, pp. 1 & 5; Spring 2010, p. 1; Holiday 2015, pp. 1 & 3
Audrey L., KY—Spring 2015, pp. 1 & 3
Andrew S., MD—Summer 2008, p. 1
Betsey K., NJ—Spring 2009, p. 1; Summer 2011, p. 1
Bobbi H., NJ—Spring 2012, pp. 1 & 3
Carol N., CA—Summer 2008, p. 1 & 3
Dody W., PA, Summer 2016, pp. 1 & 3
James C., NY—Spring 2013, pp. 1 & 3
Jan G., CA—Summer 2007, p. 1; Spring 2008, pp. 1 & 7; Fall 2011, p. 1
Jane M., CA—Summer 2009, p. 1
Jeannie B., CA—Spring 2014, p. 8
Judy K., FL—Holiday 2014, pp. 1 & 3
Kathy H., CA—Holiday 2008, p. 1; Fall 2010, p. 1
Marie M., NY—Fall 2009, p. 1
Martha H., MD—Holiday 2012, pp. 1 & 3; Spring 2016, pp. 1 & 3
Mary P., NY—Fall 2007, p. 1; Summer 2010, p. 1 & 3
Officers Serving, CLA-East and WSO—Holiday 2011, p. 1
Peter L., NJ—Holiday 2009, p. 1
Ron M., PA—Holiday 2016, pp. 1 & 3
Ruthe S., PA—Summer 2008, p. 1; Holiday 2010, p. 1
Ted S., NY—Fall 2014, pp. 1 & 3
Wendy L., IL—Summer 2013, pp. 1 & 3

Organizers (See Professionals)

Organizing

Spring 2014, pp. 1 & 5; Spring 2016, pp. 2 & 6; Spring 2016, p. 8; Summer 2017, p. 4; Summer 2017, p. 5

Outreach

Holiday 2007, p. 4; Summer 2011, pp. 1 & 6; Spring 2012, pp. 6 & 7; Spring 2014, p. 2

Outside Enterprises/Issues

And Traditions—Summer 2010, p. 8; Fall 2010, pp. 2 & 7; Holiday 2010, p. 1; Holiday 2010, p. 8; Summer 2010, p. 1; Spring 2011, pp. 4 & 5; Holiday 2011, pp. 1, 2, & 8
Employment of CLA members—Summer 2011, p. 2
Literature (in meetings)—Fall 2011, p. 7

Overwhelm

As blockage or procrastination—Holiday 2007, p. 6; Spring 2014, p. 3; Fall 2015, p. 7

Overcommitment

Holiday 2011, p. 4

Paid Workers

Tradition 8 .......... Summer 2011, p. 1 & p. 8;

Paper Clutter

Fall 2009, p. 1; Fall 2009, p. 7; Summer 2010, p. 2;
Spring 2011, p. 1; Summer 2012, p. 4; Fall 2012, p. 1;
Fall 2012, p. 8; Summer 2014, pp. 1 & 2;
Spring 2015, pp. 3 & 5; Summer 2015, p. 3;
Fall 2015, p. 6; Spring 2016, pp. 1 & 7;
Summer 2016, p. 4; Holiday 2016, p. 4
And Holiday—Holiday 2007, p. 1
And Summer—Summer 2014, pp. 1 & 4
Mail—Summer 2014, p. 1 & 2

Peace of Mind

And time—Fall 2011, p. 4

Perfection (See Progress/Perfection)

Planning

—Fall 2008, p. 8; Spring 2013, p. 6
And entertaining—Holiday 2012, p. 7
Travel—Fall 2013, p. 7

Phone Groups and Activities

General information—Spring 2008, p. 5;
Holiday 2014, pp. 3 & 7
No face to face meeting—Summer 2009, p. 8

Physical, Emotional, Spiritual
(See Three-fold Disease)

Poetry

Happy Birthday, CLA—Holiday 2009, p. 5
Hoardi—Fall 2009, p. 8
I Hear You—Holiday 2013, p. 7; Spring 2014, p. 4
One—Spring 2010, p. 7
Releasing My Clutter Comes from Releasing Myself—Fall 2013, p. 6
Willingness to Do Less—Holiday 2010, p. 1

Powerlessness

with Clutter—Spring 2007, pp. 1 & 4; Summer 2013, p. 1;
Fall 2014, pp. 1 & 6; Summer 2017, p. 1

Prayer and Meditation

Summer 2017, p. 1
To avoid cluttering—Fall 2008, p. 8
To declutter mind—Holiday 2008, p. 6
To talk to HP—Holiday 2008, p. 1
Principles Before Personalities

Summer 2011, pp. 4 & 6; Holiday 2014, p. 2;
  Summer 2016, p. 2; Holiday 2016, p. 3; Holiday 2016, p. 5
And anonymity—Summer 2012, p. 2
And service—Summer 2012, p. 1

Procrastination

Holiday 2007, p. 6; Holiday 2011, p 7;
  Spring 2012, p. 4; Spring 2013, pp. 1 & 8;
  Fall 2013, p. 6; Spring 2014, pp. 1 & 3;
  Summer 2014, pp. 1 & 2; Fall 2014, pp. 6 & 7; Holiday 2016, p. 2; Spring 2017, pp. 5 & 8; Spring 2017, p. 8;
  Summer 2017, p. 5
And amends—Summer 2015, pp. 6 & 7
And daily action—Holiday 2014, p. 6; Fall 2015, pp. 1 & 3
And fear— Spring 2014, p. 3; Summer 2014, p. 1
And relationships—Fall 2014, pp. 6 & 7
And mail—Summer 2014, pp. 1 & 2;
  Spring 2015, pp. 3 & 5
And sponsorship—Holiday 2013, p. 2
And Tools—Fall 2014, p. 7
Completion Cycle—Summer 2011, p. 3
Effect on Others—Spring 2009, p. 4
Holidays—Holiday 2009, p. 1; Holiday 2013 p. 3
Recovering from— Holiday 2011, p 7
Step work—Spring 2009, p. 4; Summer 2009, p. 4

Professionals

Summer 2016, p. 3
Tradition 8—Summer 2011, p. 1
Using professionals— Spring 2016, pp. 4 & 8; Holiday 2016, p. 2

Progress/Perfection

Holiday 2014, pp. 5 & 6; Fall 2015, p. 7;
  Spring 2016, p. 1; Fall 2016, pp. 1 & 2; Fall 2016, p. 2; Fall 2016, p. 8; Spring 2017, p. 1; Spring 2017, p. 6;
  Summer 2017, p. 3
and affirmation—Spring 2011, p. 6

Prudent Reserve

Spring 2011, p. 2

Public Information

Fall 2007, p. 1; Summer 2010, p. 1 & 3;
  Summer 2016, pp. 1 & 3
Policy—Summer 2010, p. 1

Purchases and Shopping

Fall 2008, p. 1; Fall 2016, p. 5; Spring 2017, p. 1
And gifts—Holiday 2013, p. 3
Avoiding—Fall 2010, p. 1; Fall 2012, p. 1
Putting away—Fall 2010, p. 1
Returning—Fall 2016, pp. 1 & 2

Recovery in CLA

Holiday 2008, p. 1; Holiday 2010, p. 1;
  Holiday 2013, pp. 4, 5 & 6; Spring 2015, pp. 1, 2 & 4;
  Holiday 2016, pp. 1 & 3; Summer 2017, p. 4; Summer 2017, p. 5
And spirituality—Fall 2008, pp. 4 & 6
Have fun decluttering—Summer 2007, p. 4; Holiday 2016, p. 2
Higher Power—Holiday 2009, p. 7
In Fellowship—Spring 2014, p. 4; Summer 2014, p. 4;
  Spring 2015, p. 4
Journey of recovery—Holiday 2008, p. 8;
  Holiday 2010, p. 4; Fall 2012, p. 7
Meetings—Fall 2010, p. 1
Paper clutter—Fall 2009, p. 7
Printed materials—Summer 2010, p. 2
Procrastination— Holiday 2011, p 7
Three A’s—Spring 2009, p. 7
Thrift shop, dumpster diving, yard sales—Fall 2008, p. 8
Tools of Recovery—Holiday 2007, p. 6; Holiday 2010, p. 7
Using 12 Steps—Spring 2011, p. 4

Relationships

Fall 2007, p. 1; Fall 2012, p. 5; Holiday 2015, pp. 1 & 7;
  Fall 2016, p. 8; Summer 2017, p. 6
And Clutter—Holiday 2007, p. 3; Fall 2015, pp. 1 & 7;
  Fall 2016, p. 5
How family has affected clutter habits—Holiday 2007, p. 3;
  Fall 2012, p. 7; Spring 2017, pp. 1 & 4
And trust—Fall 2011, p. 6
In service—Fall 2008, p. 4; Spring 2009, p. 4;
  Spring 2011, p. 3

Releasing

Fall 2014, pp. 1 & 3; Summer 2015, p. 3; Holiday 2016, p. 4; Holiday 2016, p. 6; Summer 2017, p. 6

Resentments

Spring 2008, pp. 1, 2 & 7; Summer 2008, p. 8;
  Spring 2011, p. 4; Summer 2011, p. 7 (R);
  Fall 2012, p. 7; Summer 2013, p. 8;
  Summer 2014, pp. 5 & 7; Summer 2016, pp. 3 & 7;
  Summer 2017, p. 3; Summer 2017, p. 6
Need to release—Spring 2010, p. 4
Removing—Fall 2007, p. 4; Fall 2008, p. 8;
  Spring 2010, pp. 3 & 4 (R)
Self-centeredness—Spring 2008, p. 2

Responsibility

Spring 2009, p. 4; Spring 2015, pp. 1 & 2

Rotation of Service

Fall 2009, p. 8; Summer 2012, p. 7; Holiday 2012, p. 6
Lack of— Holiday 2011, pp 3 & 6
Self-esteem
And program—Spring 2011, p. 1

Self-Supporting
Reasons why—Spring 2011, p. 1

Self-Will
Summer 2012, p. 8

Service (Also see Tools of Recovery)
Fall 2009, p. 3; Fall 2010, p. 4; Summer 2011, p. 1; Fall 2016, p. 3; Holiday 2016, p. 3; Holiday 2016, p. 3; Summer 2017, p. 4
And recovery—Summer 2007, p. 3; Fall 2007, p. 1; Holiday 2008, p. 1; Fall 2010, p. 4; Holiday 2010, p. 1; Holiday 2010, p. 6; Holiday 2012, pp. 3 & 4; Spring 2015, p. 6; Fall 2015, pp. 4 & 7
And spiritual—Spring 2008, p. 1
And Steps—Holiday 2012, p. 6
And Traditions—Summer 2012, p. 8
As a way of life—Summer 2008, p. 3; Fall 2009, p. 3
As part of Step 12—Summer 2007, p. 3
Benefits of—Spring 2008, p. 7; Summer 2008, p. 4; Summer 2009, p. 3; Fall 2010, p. 4; Spring 2010, p. 1; Fall 2011, pp. 1 & 7; Spring 2012, p. 3; Holiday 2012, pp. 1, 3 & 6; Spring 2013, p. 4; Summer 2013, p. 3; Fall 2012, p. 4; Spring 2013, pp. 4 & 5; Holiday 2013, p. 4; Spring 2014, pp. 3 & 6; Summer 2014, p. 4; Summer 2014, pp. 5 & 6; Fall 2014, p. 3; Summer 2015, p. 7; Holiday 2015, p. 7; Summer 2017, p. 4
Betsey K., NJ—Spring 2007, p. 3; Summer 2011, p. 1; Holiday 2013, pp. 3 & 4
Committees—Spring 2010, p. 4; Holiday 2015, pp. 1 & 3
Group Level—Summer 2009, p. 3; Fall 2011, p. 5
Joys of—Summer 2008, p. 3; Holiday 2012, p. 6
Kathy H., NJ—Fall 2007, p. 3
Group conscience—Fall 2008, p. 3
Meetings—Fall 2007, p. 3; Summer 2009, p. 3; Fall 2012, p. 3
Need for volunteers—Summer 2011, p. 3; Holiday 2011, p. 1
Reason for—Spring 2010, p. 1
So Cal CFD—Holiday 2008, p. 3
Spirit of Service—Fall 2011, p. 2
WSO—Fall 2012, pp. 5 & 8

Service Positions (See CLA Service Positions)

Setting Goals
Realistic—Summer 2011, p. 6

Shame and Guilt
Fall 2007, p. 1; Spring 2012, pp. 7 & 8; Holiday 2015, p. 4; Spring 2017, pp. 2 & 4; Summer 2017, p. 1 & 2

Spirituality
Summer 2013, pp. 1 & 4; Spring 2016, pp. 3 & 4; Fall 2016, p. 3; Summer 2017, p. 1
And 12 Steps—Summer 2007, p. 1; Spring 2009, p. 5; Fall 2015, p. 4
And holidays—Holiday 2008, p. 6
And service—Summer 2012, p. 7
Aware—Holiday 2009, p. 1
Basis for recovery—Fall 2008, pp. 4 & 6; Summer, 2011, p. 5

Sponsorship (See also Tools of Recovery)
Summer 2013, p. 8; Fall 2015, p. 4; Spring 2017, p. 8; Summer 2017, p. 1; Summer 2017, p. 3
Benefits of sponsoring—Spring 2009, p. 5; Summer 2014, p. 6
How to find—Spring 2007, pp. 1 & 3; Summer 2014, p. 6
Lack of in CLA—Spring 2007, pp. 1 & 3; Spring 2009, p. 6; Summer 2009, p. 4
Working the Steps with—Holiday 2012, p. 8

Spring Cleaning
Spring 2014, pp. 1 & 4

Storage Unit
—Spring 2010, p. 8; Fall 2015, pp. 1 & 7

Stress
Summer 2013, pp. 1 & 3; Summer 2017, p. 4
And clutter—Spring 2015, p. 4; Spring 2016, pp. 1 & 2; Holiday 2016, p. 1
And holiday—Holiday 2015, pp. 1 & 3
And Planning—Spring 2015, pp. 4 & 8
And procrastination—Spring 2013, p. 8
And time—Fall 2011, p. 4
And travel—Fall 2013, pp. 1 & 7

Struggle with Clutter
Overcoming—Spring 2009, p. 6; Summer 2009, p. 4; Holiday 2016, p. 1 & 2
Sharing—Summer 2011, p. 6

Summer
Summer 2015, pp. 1 & 2
And clutter—Summer 2014, pp. 1 & 4
Challenges and solutions—Summer, 2009, pp. 1 & 5
Summer travel—Summer 2010, p. 1
**Surrender**
Holiday 2007, p. 6; Holiday 2015, p. 6
with Step 1—Spring 2007, p. 1; Summer 2017, p. 2

**Technology**
Fall 2012, p. 8; Holiday 2012, pp. 5 & 7; Spring 2013, p. 7
Using to reduce clutter—Fall 2012, p. 8

**Three A’s (Acceptance, Awareness, and Action)**
Spring 2009, p. 7

**Three-fold Disease**
Spring 2016, p. 3
Alleviate by Step work—Spring 2007, p. 1

**Thrift Shops, Dumpster Diving, Yard Sales**
Avoiding—Fall 2008, p. 8
Giving to thrift shops—Fall 2012, p. 4; Holiday 2014, p. 3

**Time Clutter**
Spring 2012, p. 4; Summer 2016, pp. 5 & 7
And earmarking—Holiday 2010, p. 6
And holidays/seasons—Holiday 2013 p. 3; Summer 2014, pp. 1 & 4
And reality—Summer 2014, p. 4
Printed materials—Spring 2011, p. 1

**Timer**
Using to declutter—Spring 2008, p. 4;
Summer 2012, pp. 4 & 7

**Tools of Recovery**
All tools—Holiday 2007, p. 6; Holiday 2010, p. 7;
Spring 2016, pp. 2 & 6
Bookending—Fall 2008, p. 7; Fall 2009, p. 7;
Summer 2011, p. 6; Fall 2013, p. 3; Holiday 2013, p. 8;
Spring 2016, p. 1; Summer 2016, p. 2; Spring 2017, pp. 1 & 3;
Summer 2017, p. 5
Buddies—Holiday 2007, p. 6; Summer 2008, p. 7;
Summer 2010, p. 4; Summer 2011, p. 6;
Holiday 2013, p. 8; Summer 2014, p. 4
In-Home Action Team—Summer 2008, p. 1;
Spring 2015, p. 7 (R)
Daily Action—Holiday 2007, pp. 5 & 6; Spring 2008, p. 7;
Summer 2008, p. 1; Fall 2008, pp. 1 & 2;
Summer 2010, p. 4; Fall 2010, p. 6; Fall 2010, p. 1;
Holiday 2010, p. 7; Summer 2011, p. 6;
Holiday 2011, p. 8; Summer 2012, p. 4; Fall 2012, p. 8;
Holiday 2013, p. 4; Fall 2014, p. 7;
Holiday 2014, pp. 5 & 6; Fall 2016, p. 7
In working the Steps—Holiday 2012, p. 8;
Spring 2015, pp. 3 & 5; Fall 2015, pp. 1 & 3;
Spring 2016, p. 2; Spring 2017, p. 8; Summer 2017, p. 5
Earmarking—Holiday 2007, p. 6; Fall 2010, p. 2;

**Trust (See Tools of Recovery)**

**Unity**
And anonymity—Summer 2012, p. 2
And Tradition 10—Holiday 2011, p 2
Group unity—Fall 2009, pp. 1, 2 & 8

**Victories**
Fall 2016, pp. 7 & 8; Spring 2017, p. 2

**Volunteering/Volunteers**
Versus paid workers—Summer 2011, p. 1

**Willingness**
Spring 2008, pp. 4 & 8; Holiday 2008, p. 8;
Holiday 2010, pp. 1 & 5
Writing
Fall 2011, p. 7; Fall 2013, pp. 1, 3, 4 & 5;
   Spring 2016, pp. 1 & 2; Fall 2016, p. 3; Summer 2017,
   p. 4
And procrastination—Fall 2013, p. 3
And Steps— Spring 2014, p. 6; Summer 2014, p. 8; Spring
   2017, p. 4