

Clutterers 12 & 12 Study Meeting Format

712 770 4010 access code 852600 #

Meeting time @ 12 noon Tuesday (ET)

READING A.A. LITERATURE EXACTLY AS IS (*no word substitutions*)

Greeting: Hello everyone. My name is _____ and I am a Clutterer
Welcome to the “Keep it Simple” Step and Traditions Meeting of Clutterers Anonymous
on the Divine Decluttering Line.

Remember, on this line, we avoid judging ourselves and others and offer each other
loving support.

When sharing during the meeting, press * 6 to mute and unmute.

Serenity Prayer:

Please un-mute your phone if you wish to join us in the prayer. We will have a moment
of silence, followed by the Serenity Prayer.

God grant me the serenity to accept the things I cannot change,

Courage to change the things I can

and wisdom to know the difference.

Amen.

PREAMBLE

Clutterers Anonymous (CLA) is a fellowship of men and women who share their
experience, strength, and hope with each other that they may solve their common
problem with clutter and help each other to recover.

We achieve this as individuals, groups, and a fellowship by practicing our [12 Steps](#) of
recovery and by being guided by our [12 Traditions](#). Each of them embodies a set of
principles for living life effectively, inside and outside CLA. The only requirement for
membership is a desire to stop cluttering.

There are no dues or fees for membership; we are self-supporting through our own [7th
Tradition contributions](#), neither soliciting nor accepting outside donations.

Our fellowship is based on suggestion, interchange of experience, rotation of leadership
and service.

CLA is not affiliated with any public or private organization, political movement,
ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to stop cluttering one day at a time and to carry this message of
recovery to Clutterers who still suffer.

CLA is a 12 Step-program patterned after Alcoholics Anonymous.

**Here are the steps we took, which are suggested as a program of individual
recovery:**

**ANNOUNCE: Would someone like to read the 12 STEPS OF CLA? They are found
in the blue leaflet, the yellow leaflet, and the red booklet. NOTE: Except the
2nd week of the month when the format schedules the entire pale yellow leaflet to be
read during the meeting. – see below ** in Leader section**

And for our group unity, here are the 12 Traditions:

ANNOUNCE: Would someone like to read the 12 TRADITIONS OF CLA? They are found in the blue leaflet and the red booklet.

Welcome Newcomers:

Before we begin, we want to welcome any newcomers to the meeting and acknowledge your being here. Please introduce yourself using first name only.*6 to unmute. [Pause for a few seconds to allow time to unmute.] It is suggested you attend at least six meetings so you have time to identify with the speakers, begin to absorb the CLA program, and learn more about the program by exploring the website <https://clutterersanonymous.org/>.

Introductions: Now we can go around the virtual room and anyone who cares to may introduce yourself. I'm name from State or Country; it's *6 to mute and unmute again on this line. *Who would be willing to serve as newcomer greeter after the close of the meeting?*

Meeting Schedule this is not to be read but to inform the Leader of schedule for that week & say that.

- The 1st week of the month is a Step meeting; we read from A.A. 12 & 12 book the Step of the month.
- ** The 2nd week of the month the yellow leaflet "Recovery from Cluttering: The 12 Steps of Clutterers Anonymous." **
- The 3rd week of the month is a tradition meeting; we read from A.A. 12 & 12 book the tradition of the month.
- The 4th and 5th week is CLA literature of the leader's choice. 5th week has option of speaker for 10-15 minutes (instead of literature reading) as per group conscience.
- The 3rd week is the business meeting. We close the regular meeting 15 minutes early and have a business meeting for 15 minutes. We can vote to extend the time if the group wants.

[If you don't have a copy of the 12 & 12 go to aa.org click the link "[Read the Big Book and Twelve & Twelve](#)".

- We will read until bottom of the hour, then share on what was read.

Before Sharing: The meeting is now open for sharing. We do not engage in crosstalk at this meeting. Crosstalk can be defined as directing comments to a specific individual or commenting on another person's share. We are happy to answer any questions after the close of the meeting. Please keep your share to 3 minutes so everyone who wishes to might have a chance to share. Feel free to give your contact information after your share and if you choose to, please state your number twice. Who would like to share first? Again, it's *6 to unmute .

Reminder to leader: At 12:45 - please remind everyone that we have 5 more minutes to share before closing. At 12:50 start closing the meeting.

After sharing say: That's all the time we have for sharing. Thank you to all who shared and all who did service at this meeting. **Note to leader:** [If no one volunteered to be newcomer greeter ask again at this time.]

7th TRADITION: The seventh tradition states that every CLA group ought to be fully self-supporting, declining outside contributions. Our World Service Organization does have expenses including those for the website, literature and our 800 number. You may send 7th tradition donations with a notation in the remarks section of the check for phone meetings to CLA WSO PO box 91413 Los Angeles CA 90009. If you have more questions and interests in ordering literature please stay on after the meeting and we will give you that information.

Announcements: Are there any CLA announcements? Please respect Tradition 10 and keep all announcements to CLA World Service Office approved. For list of meetings & activity sessions go online or call 866-402-6685.

Decluttering Commitments: Before we close the meeting, we take time for members to share a decluttering commitment concerning something that you would like to complete in the next few hours, the next day or the next week. Please keep the statement of your commitment to 1-2 minutes. If you are willing to be a clutter buddy or bookending buddy, please leave your contact information.

If requested, give definition of clutter buddy and bookending.

- **Buddies** are CLA members and helpmates in recovery. We may call them with our daily plan, or ask for help with a project.
- **Bookending:** We bookend when we talk to other CLA members before and after taking difficult steps in our recovery. This way we can hold ourselves accountable for completing a specific task or project.

Closing: "Talk to one another, reason things out with someone else, but let there be no gossip or criticism of one another. Instead, let the understanding, love, and peace of the program grow in you one day at a time."

Would all who care to unmute and please join in the Serenity Prayer for CLA [Organized life serenity prayer]?

SERENITY PRAYERS FOR CLA ORGANIZED LIFE SERENITY PRAYER

God, grant me the Serenity of an organized life with leisure time,
The Courage to change my habits to ensure these joys, and
The Wisdom to be flexible.

And God grant me *patience* for the changes that take time,

Appreciation for all that I have,

Tolerance for those with different struggles,

And the *Strength* to get up and try again,

One moment, one hour, one day at a time.

After meeting: We are now open for question? If you are a newcomer please fill free to ask a question.

After meeting question replies include:

To order:

The 9 CLA leaflets plus the red booklet are \$8.05 in the U.S. and are available internationally.

CLA WSO, P.O. Box 91413, Los Angeles, CA 90009

OR order online <https://clutterersanonymous.org/> with credit card or PayPal

To order:

The quarterly newsletter, **CLArity**

\$12 for 1 year or \$22 for 2 years in the U.S. and is available internationally.

The quarterly electronic newsletter, **eCLArity**

\$8 for 1 year or \$15 for 2 years.

CLArity, 184 South Livingston Avenue, Ste. 9-203, Livingston, NJ 07039

Keep and Release Serenity Prayer:

God, grant me the Serenity to keep the things I need to keep,

Courage to release the things I do not need,

And Wisdom to know the difference.

CLA Organized Life Serenity Prayer:

God, grant me the Serenity of an organized life with leisure time,

Courage to change my habits to ensure these joys,

And Wisdom to be flexible.

The 3rd Step Prayer

“God, I offer myself to You , to build with me and to do with me as You will. Relieve me of the bondage of self, that I may better do [Your] will. Take away my difficulties, that victory over them may bear witness to those I would help of Your Power, Your Love, and Your Way of life. May I do Your will always.” (*Thee, Thou and Thy replaced with You and Your)

Are there any CLA announcements?

Is there anyone who would like to share a phone no?

Are there any newcomer questions?