

THURSDAY 7:00-7:54 PM ET BEGINNERS' MEETING

REVISED 10/22/18

515-604-9932 access code **537636#**

[Note to moderator: Do NOT read italicized instructions like this text aloud.]

Welcome to the CLA THURSDAY 7 PM ET Beginners Meeting. My name is _____. I am the moderator for this evening's meeting.

Clutterer's Anonymous is a 12-Step program that addresses the physical, emotional, and spiritual aspects of our clutter problem. Will someone please read, The PREAMBLE from the blue leaflet, A BRIEF GUIDE. ... Thank you, _____.

At this meeting, a special emphasis is placed on the first Step of the program. Can someone read the 1st Step in the pale yellow leaflet RECOVERING FROM CLUTTER: The 12 Steps of Clutterers Anonymous? ... Thank you, _____.

In order to stay in CLA MEETING COMPLIANCE, would someone read the SEVENTH TRADITION? ... Thank you, _____.

Let's briefly introduce ourselves my name is _____. I started coming in _____.

[GREET PEOPLE AS THEY COME IN WITH A WARM WELCOME TO THE NEWCOMER OR TO A VOICE YOU HAVEN'T HEARD BEFORE.]

Will someone please read the PROMISES found on page 83 to 84 in the Big Book of Alcoholics Anonymous? ... Thank you, _____.

Here are some tools of our program. The tools are in the blue leaflet A BRIEF GUIDE. *[Do 2-4 tools and draw people in to talk about them OR let a person from the group lead it or choose the tools s/he would like to talk about.] ...*

You may leave your phone number or email address at any time when sharing. We discourage people from asking another for their phone number.

[About 7:15] Tonight _____ will share {her/his} experience, strength, and hope with us for 15 minutes. Everyone please * 1 to mute..... *[If you **can't** time, ask for a time keeper. If you **can** time, say, "I will be the time keeper."]* Would you like a 5-minute warning?

Thank you, _____. We will now have some time for Questions & Answers and SOME BRIEF SHARING FOR 1 to 2 minutes.

[This meeting is designed to be a SAMPLER and lead people into the 8:00 ET meeting. Occasionally there will be a brief announcement break concerning this meeting.]

[About 7:40] Every evening at 7:30 except THURSDAY, we have RELEASE VICTORY SHARES on this line. This is a shorter version. PLEASE, briefly state what you have released today or in the past few days. It can be physical, mental, cyber, or almost anything. You will be strengthening your commitment to your de-cluttering. ACTION IS THE MAGIC WORD! *[Between 9-13 people generally share.]*

I would like to thank everyone for their participation this evening. We will end at 7:54 so there is enough time for the next moderator to set up.

*[Either say, "Press * 1 for all those who care to join me in the Serenity Prayer" OR ask a visitor to say it in their language followed by the group saying it.]*