

## Format for the Sunday 6 p.m. ET Meeting

Welcome to the Sunday evening literature meeting. My name is \_\_\_\_\_ and I'm a Clutterer. Let's open the meeting with the Serenity Prayer. God, grant me the serenity, to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. **THY WILL NOT MINE BE DONE.**

Can someone read the Preamble from the blue leaflet *A Brief Guide*?(If not, the leader reads)

CLA Preamble from the blue leaflet *A Brief Guide*

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 contributions, neither soliciting nor accepting outside donations. Our fellowship is based on suggestion, interchange of experience, rotation of leadership, and service.

Clutterers Anonymous 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.

Can someone read the 12-Steps of CLA, the suggested guidelines for individual recovery?

The Twelve Steps can be found in the blue leaflet *A Brief Guide* or in the pale yellow 12 steps leaflet. (If not, the leader reads)

1. We admitted we were powerless over clutter, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings
8. Made a list of all persons we have harmed and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for the knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

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

Could someone like to read the 12 Traditions of CLA? They are found in the blue pamphlet. (If no one volunteers, the leader reads.)

1. Our common welfare should come first; personal recovery depends upon CLA unity.
2. For our group purpose there is but one ultimate authority—a loving God as expressed through our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for CLA membership is a desire to stop cluttering.
4. Each group should be autonomous except in matters affecting other groups or CLA as a whole.
5. Each group has but one primary purpose—to carry its message to the person who still suffers.
6. A CLA group ought never endorse, finance, or lend the Clutterers Anonymous name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.
7. Every CLA group ought to be fully self-supporting declining outside contributions.
8. Clutterers Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. Clutterers Anonymous, as such, ought never be organized, but we may create service boards, or committees directly responsible to those they serve.
10. CLA has no opinion on outside issues; hence the Clutterers Anonymous name ought never be drawn into public controversy.
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, television, and all other media.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Thank you very much.

This meeting uses AA and CLA literature; we read AA literature without substitution.

Please avoid discussing outside issues when sharing.

**1<sup>st</sup> week:** read a Step of the month from *Recovering From Cluttering, the 12 Steps of Clutterers Anonymous* and reading the Step in the AA 12&12 reading a page or two at a time. If no one shares, we will read a page or two at a time.

**2<sup>nd</sup> week:** read the first 181 pages and page 561 to the end of the AA Big Book six pages at a time. If no one shares, we will read a page or two at a time.

**3<sup>rd</sup> week:** read one of the other eight CLA leaflets a segment at a time. If no one shares, we will read the next segment at a time.

**4<sup>th</sup> week:** read a Tradition of the month reading the short version and the long version of the AA Big Book and reading in the AA 12&12.

**5<sup>th</sup> week:** Leader's Choice: Either read from the CLA red Newcomers Booklet or Daily Reflections or As Bill Sees It

Today, we will read from \_\_\_\_\_

We can either share on today's reading or get current regarding our recovering from cluttering

We do not crosstalk. Crosstalk is either asking a question or commenting on what another person has shared.

This group has a Business Meeting the last Sunday of the month at 6:30 p.m. If that ends early, we resume regular sharing till 6:55 p.m.

6:55 p.m. ET : The Seventh Tradition states that every CLA group ought to be fully self-supporting, declining outside contributions. We have no expenses for this meeting, yet our World Service Organization does have expenses, including those for the website, literature and our toll-free number. You may make donations or buy literature via the website at [www.clutterersanonymous.org](http://www.clutterersanonymous.org) or you may mail Seventh Tradition donations with a notation of "phone meetings" in the memo of the check to:

CLA WSO, PO Box 91413, Los Angeles, CA 90009

Please refrain from sharing non-CLA information after the meeting or when using CLA phone lines, respecting our Twelve Traditions.

Do we have any CLA announcements?

**Let's close the meeting with the Serenity Prayer: God, grant me the serenity, to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. THY WILL, NOT MINE BE DONE.**