

SATURDAY NIGHT TALKING STICK FORMAT

(712)770-4035 ACCESS 794364# *6 TO MUTE

Welcome to the Saturday Night Talking Stick Meeting of Clutterers Anonymous.

My name is _____ the moderator for tonight's meeting.

Would those who care to, please join me in opening this meeting with a moment of silence followed by the Serenity Prayer.

Welcome everyone listening on the phone and through a web app tonight, This is an open topic/no topic/your topic meeting that models after a traditional talking stick where people are gathered around in a circle and a stick is passed around and ONLY the person who holding the stick in their hand speaks while everyone else remains silent and listens, this generous format gives everyone two and possibly more opportunities to speak tonight. Occasionally this meeting will go over one hour, this is to accommodate everyone and insure that we all have had at least two opportunities to share or say pass.

Before we begin our introductions, I'm inviting anyone who has the CLA literature in front of them to read the preamble, this can be found in the blue leaflet titled "A Brief Guide". The preamble reading can also be found free of charge on the CLA website. If you would like to read the preamble out loud press *6 to unmute yourself

Clutterers AnonymousSM (CLASM) 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.

Would someone else like to read "What is Clutter"? this reading can be found in the light yellow leaflet titled "Recovery from Cluttering: The 12 Steps of Clutterers Anonymous" The What is Cutter reading can also be found on the CLA website, it's located under the menu/about tab.

Clutter is anything we don't need, want, or use that takes our time, energy or space, and destroys our serenity. It can be outgrown clothes, obsolete papers, broken toys, disliked gifts, meaningless activity, ancient resentments, or unsatisfying relationships. We may be selective in some areas, but not in others. Objects may be strewn about or wedged into drawers; neatly stacked or stowed in storage.

Our clutter seems to have a life of its own, to multiply without effort on our part. We may feel overwhelmed, controlled by our possessions, and/or doomed to be hopelessly disorganized. No matter how we deal with our clutter, it can be a source of pain and shame to us and to those we live with.

Despite this pain, we fear throwing things out. We think we might need it, fix it, or wear it again. We don't want to be wasteful or ungrateful. We don't know what to keep and what to discard. We don't know how much is enough.

Decluttering is not merely eliminating, but gradually transforming our space so that we surround ourselves only with things that express our purpose. It means turning something useless into something useful; creating more leisure and space; being more honest in our relationships; eliminating distractions and simplifying our lives in order to find our spiritual roots. Although we may cling to our clutter, what we really yearn for are surroundings of beauty, order, serenity; a balanced life; and harmonious relationships.

We'll also need someone to read "The Twelve Steps of Clutterers Anonymous"?(wait...)

The CLA steps can be found in the blue or yellow leaflets, red newcomers booklet and also on the CLA website/ menu/resources tab.

Step 1. We admitted we were powerless over clutter—that our lives had become unmanageable.

Step 2. Came to believe that a Power greater than ourselves could restore us to sanity..

Step 3. Made a decision to turn our will and our lives over to the care of God, as we understood God.

Step 4. Made a searching and fearless moral inventory of ourselves.

Step 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step 6. Were entirely ready to have God remove all these defects of character.

Step 7. Humbly asked God to remove our shortcomings. Step 8. Made a list of all persons we had harmed and became willing to make amends to them all.

Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others

Step 10. Continued to take personal inventory, and when we were wrong, promptly admitted it.

Step 11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Step 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.

Now for everyone who wants to actively participate in our meeting, press *6 Introduce yourself stating your first name and also if you want where you're calling from. WAIT for me to repeat your name, then press *6 again to mute your line

List the full name they give and repeat back to them after you write it,

This is an open topic/no topic meeting. Share your experience, strength and hope however it relates to recovery from clutter. Starting your own topic and/or asking others for feedback is welcome, though let's all be mindful to keep the focus of whatever we say on our own experience and not give anyone any advice that is not asked for. Do not engage in crosstalk, this means addressing anyone by name, asking personal question and/or singling anyone out. Let's all help maintain a safe, fun and sacred space.

Please share only if you really want to, not because you feel obligated when I call out your name. Please say pass if when I call your name, you're not yet ready to share. Saying pass is being an active participant and shows everyone you are here listening.

When I call your name or at any time during your share, feel free to take any short or long pause of silence in order to retain or regain the focus of what you want to talk about. We have a 5 minute time limit and this allows plenty of time for us to take any necessary pauses.

Our spiritual foundation is anonymity and that means "whomever and whatever you hear here, when you leave here, let it stay here." For the integrity of the group, these lines may be monitored for safety.

Call the first name, wait for them to say pass before calling the next name. Be sensitive and allow any long pauses if they do not answer immediately. Use every effort not to interrupt or break into any person's flow if they are close to or just over the five minute time limit.

Say any of these variations throughout the meeting, several times each if and when necessary.

When your name is called press *6 to unmute your line to begin sharing or say pass if you are not ready. When you are finished speaking, press *6 again to mute your line.

Welcome any late comers to the meeting who happen to stumble in and interrupt

Invite any late comers to introduce themselves, repeat their name out loud and tell them they will be called on after (PREVIOUS LAST PERSON ON LIST).... first gets a chance to speak or say pass.

At around the 50 minute mark, announce that the meeting is likely to go over an hour depending on how many more people who haven't shared once or twice already.

Times Up. Let's begin to bring our meeting to a close. Did anyone who said pass want to share something at this time?

Allow about 5 minutes for the below readings, do not rush, start earlier if you want

Would someone read three of the twelve traditions? This week we are reading traditions 1,2,3 or 4,5,6 or 7,8,9 or 10,11,12

1. Our common welfare should come first; personal recovery depends upon CLASM 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 AnonymousSM 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.

The SEVENTH TRADITION states that every CLA group ought to be fully self supporting declining outside contributions. We have no expenses for this meeting so we ask that you make your donation directly to CLA via the website or by postal mail.

Would someone like to read the Realization Closing which can be found in the CLA starter kit found on the CLA website?
(Moderator should wait a minute before reading it theirselves.)

In closing, the opinions expressed here were those of the person who gave them, not CLA as a whole. Take what you like and leave the rest. The words you heard here were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind. In the spirit of preserving anonymity of all CLA members, we say, “whom you see here, what you hear here, when you leave here, let it stay here.” “Let it stay here” is a good rule to follow in creating a safe place to share our feelings, experience, and recovery without fear of gossip, retaliation, or our anonymity being broken. The following paragraph is reprinted from the “Finding Your Life Purpose” leaflet. “As you declutter, we hope that you will remember that you are not merely finding lost keys and bankbooks, not only discarding obsolete projects, not just making space for guests—you are finding yourself. You find that you learn to know and accept yourself as a valuable human being no matter how imperfect or perfect you once thought yourself to be. You are clearing away the wreckage of your past. You are being responsible for small things, so that you can be entrusted with larger ones. You are making room for your true purpose to emerge. Go with your Higher Power and know that you are blessed.” Keep coming back. It works!

with any time permitting, ask if there are any 1 minute or less CLA announcements

Thank you everyone I enjoyed being your moderator tonight, your're welcome to stay on the line after our official close to make and CLA announcements and to socialize and converse back and forth with each other after the close. Before we close the meeting, we will now share a moment of silent meditation for the person who still suffers.

Wait about 5 seconds

Will all who care to join me in reciting (Prayer of your choosing) prayer together

Keep Coming, we'll be here again next week at the same time.

Proposed after meeting format

Ask if we have any international callers tonight. Offer to give them a local country access #

Ask any newcomers if they have any questions, have the hotline #, our website address, and the postal address of the wso and clarity at hand.

Ask the newcomer if they would like to leave their number and or if they would like others to leave their phone number or email contact information.

Ask if anyone else did not get a chance to share and invite them to introduce themselves and tell us why they are here.

Ask anyone who has already shared at this meeting if they would like to say something or read some CLA or AA literature

Remind everyone the importance of not commenting directly on anyones share by only mentioning the principles of what we discuss without attribution. If a person has invited feedback, that may be okay, but let's refrain from too much cross dialogue and allow others to share after you or after anyone else speaks for a few minutes.

Our program is about attraction, not promotion. Be attractive by not being repetitive and boring.

Speak your peace once and allow others to speak theirs. Do not harp or beat dead horses.

-----**LAST SATURDAY OF THE MONTH**-----

BUSINESS MEETING (Use Guidelines below – or use the Suggested Business Meeting Format if you have it).

- **At 9:20 p.m.** the chairperson asks, **“Who on the line would like to chair tonight’s business meeting?”**
 - State that, **“it is preferable for someone other than the Leader to chair the Business Meeting & whoever chairs should remain NEUTRAL on any issues.”**
1. The business meeting starts with the Serenity Prayer
 2. Then some or all of the Traditions (perhaps the Tradition of the month)
 3. Address any need to fill “Service Positions”
 4. Meeting Leader (One to three months with a three month limit)
 5. WSO Delegate?
 6. Ask if there is a WSO Delegate’s Report
 7. Ask if there is any “Old Business” from the last meeting?
 8. Ask if there is any “New Business?” **SEE “NOTE”**

NOTE: The business meeting chair will ask if there are any motions, then ask for a second. If there is no second, the motion dies. If there is a second, continue with a discussion (pro and con) and then count yes’s, no’s, and abstentions. Usually a Business Meeting takes 10-15 minutes -- unless the group votes to extend it by a motion which is seconded and has sufficient YES votes. Close with the Serenity Prayer

THIS SHOULD BE READ IN ENTIRETY WHEN NECESSARY, DO NOT EDIT OR REPLACE THE AA NAME

CLASM Group Code of Conduct Statement

FROM CLASM MEETING STARTER KIT

Please be respectful of all members of the Fellowship by protecting their privacy and anonymity. This means not discussing your fellow members, in any way, with others outside of the meeting. This includes talking about any of the details of the members’ lives, what they said at the meeting, and even the fact that they attend any meetings and/or belong to the Fellowship.

This commitment to privacy and anonymity also applies to the time spent before and after the meetings and to telephone conversations. Please be aware that when a member talks with you outside of meetings, it is considered confidential, exclusively between you and that member. In short, as a member of CLA Fellowship, you are required to maintain the privacy and anonymity of your fellow members, at all times, under all circumstances, unless permission is granted.

Please keep the focus of your sharing on your growth and recovery. Please keep your opinions and judgments about other members to yourself. This means not using up sharing time to express anger, dissatisfaction, or any negativity concerning fellow members. Additionally, our Fellowship strives to focus on positive progress and hope-oriented language in achieving our goals, so please be supportive of this intention.

Please make every effort to arrive at the meeting on time. The meeting begins promptly at _____, and it depends on member participation and attendance to create an environment of security, healing and growth. This means that your promptness and presence support the group from the moment the meeting starts, so please do the best you can in this regard.

We are defined as a 12-Step recovery group based on the principles of A.A.® That means that we are not a therapy group. We do not use our meeting time to process feelings or other personal reactions regarding our members. Comments by one member about another member, other than occasional brief expressions of kindness and compassion, are not relevant to the meeting purposes.

Please be aware that violations of our privacy, anonymity, confidentiality, as well as negative communications about or toward another member, are grounds for asking the member committing these violations to leave the group. By attending group meetings, it is understood that you are willing to respect our Group Code of Conduct. All members are expected to do so.

In our shared commitment to support this code to keep our Fellowship strong, we express gratitude and appreciation to all members.

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