

# THE AFTER-MEETING TRIAL FORMAT ON THE DIVINE DECLUTTERING (DD) LINE (Revised 3/21/26)

267-807-9611 access code 852600#, \*6 to mute/unmute

Back door #: Call (716) 293-9628. Then enter the meeting phone # and access code.

For ease of use, Moderator may wish to print this out or view it on a 2<sup>nd</sup> device.

## Group Conscience/Instructions DON'T READ THIS BOX OUT LOUD!

### >>>> DOCUMENT LEGEND OR COLOR CODE <<<<

Red font = guide to the Moderator; it is NOT to be read aloud.

Black text = the script; READ it aloud. **Black bold text** = Additional emphasis

Blue text = quotation from literature, email, or webpage address.

Yellow highlight = Especially important or critical

### >>>> SCHEDULE FOR THE AFTER-MEETINGS <<<<

- a. Approximately 11 to 11:55 am ET. (This session SOMETIMES uses its own format).
- b. 1 to 1:25 pm ET
- c. 2 to 2:35 pm ET. (This session SOMETIMES uses its own format).

### >>>> BUSINESS MEETING & SPECIAL EVENTS SCHEDULE <<<<

\*\* If attendees want to make suggestions for improving DD Line services, refer them to business meetings (Biz Mtg). Here is the schedule.

1. **AFTER-MEETING CHANGES:** Go to the DD Line Intergroup – 3 to 4:30 pm ET on the 2<sup>nd</sup> Sat. of Jan., April, July, and Oct. For Zoom info, go to the website search bar, & put Intergroups or email ddlintergroup@gmail.com.
2. **MORNING SELF-NURTURE ACTIVITY SESSION:** 10:10 am to 10:25 am ET – Biz Mtg as needed.
3. **MEDITATION INTO ACTION:** 10:30 to 11:05 daily – Biz Mtg is on 1<sup>st</sup> day of each month at 11:05 am ET.
4. **NOON TO 1 PM ET MEETINGS:** Biz Mtg usually occurs at 1 pm ET on the 3<sup>rd</sup> week of the mo. for that meeting.
5. **TEN YEARS OF CLArity:** 1:30 to 2 pm ET – Biz Mtg occurs as needed.
6. **AFTERNOON SELF-NURTURE ACTIVITY SESSION:** 2:40 to 2:55 pm ET – Biz Mtg is on the 2<sup>nd</sup> Tues. of each mo. at 2:25 pm ET.
7. **PLAN YOUR WEEK MTG:** 9:30 to 10:30 pm ET on Sun. – Biz Mtg occurs as needed.
8. **WED. STEP STUDY MTG:** 9:30 to 10:30 pm ET on Wed. – Biz Mtg occurs as needed.
9. **CLA STEP-STUDY NETWORKING EVENT:** 3 pm ET on the 1<sup>st</sup> Sat. of the mo. in Jan., April, July, & Oct. See committee info below & contact [info@clutterersanonymous.org](mailto:info@clutterersanonymous.org) for more info.
10. **CLA STEP-STUDY NETWORKING EVENT COMMITTEE:** Noon ET on the 3<sup>rd</sup> Sun. of Jan., April, July, & Oct. Contact [info@clutterersanonymous.org](mailto:info@clutterersanonymous.org) for more info.
11. **CLA World Service Organization.:** Biz Mtg is the 4<sup>th</sup> Sat. of the mo. From 1-2:30 pm ET.

# Don't read out loud GROUP CONSCIENCE FOR CHAOTIC/OUT OF CONTROL AFTER-MEETING

1. Moderator **STOPS** the After-Meeting:
2. Moderator says, "Okay I'm pausing the After-Meeting and calling for a moment of silence. (Pause).
3. I will now lead us in the Serenity Prayer. (Pause). "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."
4. I want to remind members to abide by the Code of Conduct at all times.
5. (Read the Code of Conduct). Here is the link:  
<https://clutterersanonymous.org/code-of-conduct/>
6. The final option is to MUTE the line using the Leader Code and read from CLA or AA literature. (If the moderator doesn't have the Leader Code, ask if someone else can mute the line).
7. Unmute the line after a bit and resume the After-Meeting.

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## >> MODERATOR RESPONDS TO CHECK-INS & SHARES << (OFFERING EXPERIENCE, STRENGTH, AND HOPE)

- The Moderator should avoid giving praise to a specific individual by embracing the concepts of "No-Crosstalk" and inclusivity. We avoid singling anyone out. We do that by responding to a check-in or a share with a simple:  
*"Thank you for sharing, \_\_\_\_\_ (name). You were heard. Who else would like to check-in/share?"* This is all we say.
- **It is best to STICK with this phrasing consistently.** This is especially true after a tough, grief-filled share, if we comment, "I'm sorry" to one caller and say nothing to another caller because we were busy and missed their specific loss, we may unwittingly cause pain. Conversely, if we praise one caller and not another, we may also cause pain. Callers may compare themselves to others. To compare is to despair. **Consistency is VITAL!**
- (The moderator can make some rare exceptions to these guidelines, such as when a caller reports a death or birthday etc. Please use your discretion and use this option sparingly).

## >> LENGTH OF SHARES/CHECK-INS <<

The guideline of 2 to 3 minutes can be modified by the moderator based on the number of people on the line. If there are a lot of people on the line, keep the shares down to 2 minutes. If there is a small amount of people, or folks are not sharing much, the moderator has the option to extend the shares to 3 mins.

## MODERATOR READS BOX BELOW TO LEAVE THE LINE

### >>>> READ ALOUD WHEN MODERATOR IS LEAVING THE LINE <<<<

- **Moderator says:** I will not be able to continue moderating; is there anyone willing to moderate the After-Meeting? **(Pause)**
- **SOMEONE VOLUNTEERS TO MODERATE:**  
**Moderator says:** Thanks so much \_\_\_\_\_ (name). The After-Meeting format can be found on the website. Type Formats in the search bar and look for format number 16. The main purpose of the After-Meeting is to welcome newcomers and to answer questions. Individual sharing is for 2 or 3 minutes, **including Moderators**. We respect our 12 Traditions while on the CLA lines, abide by our Code of Conduct, & keep the focus on only CLA- Related issues. Thanks for volunteering. Please begin moderating.
- **NO ONE VOLUNTEERS TO MODERATE:**
- **Moderator says:** Is there anyone willing to be the spiritual timekeeper for the After-Meeting? You don't need to moderate. Please just keep the time. **(Pause)**
- **SOMEONE VOLUNTEERS TO BE TIMEKEEPER:**  
**Moderator says:** Thanks so much. Everyone, please acknowledge \_\_\_\_\_, our timekeeper. When you hear \_\_\_\_\_ say "gentle reminder," that means your 2-to-3-minute share is over.
- **NO ONE VOLUNTEERS TO BE TIMEKEEPER:**  
**Moderator says:** Since no one has stepped up, we will self-time for 2-to-3-minute shares. Please continue your shares using the Round Robin method, which means that each speaker should ask for the next person to share, once they've finished. Brief check-ins will continue after we have completed newcomer questions.

### >>>> AFTER-MEETING FORMAT BEGINS <<<<

**Moderator says:** Hello and welcome to the After-Meeting. My name is \_\_\_\_\_ from \_\_\_\_\_ and I'll be moderating the After-Meeting. Thank you to the person who moderated the previous session. Would someone please press star 6 and let me know I can be heard?

- **(Pause. Someone verifies that you can be heard).**
- **Moderator says:** Thank you.

**Moderator says:** Thank you to everyone who participated in the previous session. Now is the time for brief announcements. **(Make brief announcements if appropriate & as time allows).**

**>> READ OPTIONAL ANNOUNCEMENTS OUT LOUD <<**

**The Moderator may take up to *5 minutes* for announcements, prioritizing special events such as CLA Declutterthons, the CLA Convention, and the CLA Co-Sponsorship Networking Event.**

- Our website, [www.clutterersanonymous.org](http://www.clutterersanonymous.org) contains a wealth of information on our literature, free resources, support for newcomers, where to send 7<sup>th</sup> tradition contributions, meeting schedules, service opportunities, announcements, plus news and events etc.
- We encourage everyone to sign-up for our CLA Email list in order to be fully informed about CLA events and other announcements. Go to the “Contact Us” tab and use the third link to sign up.
- If you are new and would like a newcomer greeter to contact you, leave a message at our toll-free number of 866-402-6685 or email [phonegroups@clutterersanonymous.org](mailto:phonegroups@clutterersanonymous.org).
- The CLA Code of Conduct is posted on our website. Please abide by it at all times while on our line. If you are distressed by something that is happening on the phone, you could decide to simply hang up. However, we strongly encourage you to call back at another time. Also, please consider attending the Divine Decluttering Line Intergroup Business Meeting.
- **(Optional) Go to the Fellowship Announcement page for additional announcements.**

**Moderator says: Are there any other announcements? (Pause).**

- **During announcements, if someone refers to an event by the holiday (such as “the Labor Day Declutterthon”), try to state the actual calendar dates to help international members or ask the person announcing it to say the actual dates.**

**Moderator says:** After a moment of silence, please join me in the “short” version of the 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 the Wisdom to be flexible.**

**Moderator says:**

- On this line, we don’t ask for the contact information of others. Instead, we offer our own phone number or email address and then ask a particular person to contact us. Please say this slowly and twice. **Is there anyone who would like to leave their contact information?**

- **(Pause, if possible, please write down the information and have it available in case someone wants it repeated. It is less cluttered when the moderator facilitates the exchange of info).**
- **Moderator says:** In CLA, we set boundaries on possessions, time, space, and speech. Individual sharing is for 2 to 3 minutes, **including moderators**. We respect our CLA Traditions & keep the focus on **only** CLA-related issues. We refrain from talking about politics, religion, and brand names of products, stores, books, social service agencies, and other 12-step programs. We read only AA and CLA literature and when doing so, according to our CLA-WSO's guidelines, we don't change or add words.
- Please avoid having lengthy discussions between only two people. Remember you're not on a private phone call. Please pause frequently to invite others to share. We, in particular, encourage Newcomers to share and ask questions.
- Please don't offer your experience, strength, and hope to others unless they have requested it.
- The CLA Fellowship strives to focus on positive progress and hope oriented language to achieve our goals, so please support this intention. On this line, we avoid judgment and criticism, and we offer each other only encouragement and support. We do not interrupt each other, nor do we express anger or dissatisfaction toward another member. Suggestions for improvements for the line, while inappropriate here, are welcome at our group or Intergroup business meetings. And while we are more relaxed in our After-Meetings, we still abide by the CLA Code of Conduct, which can be found on our website. Our moderators are authorized by group conscience, to redirect a share if we have strayed from our sharing guidelines. Disruptions will not be tolerated.
- Remember, "What you hear here, when you leave here, let it stay here."
- If someone isn't following these guidelines, I, the moderator, will **gently** remind them.
- Please note, we do not respond to newcomer questions by offering advice or telling them what they should do, instead, abiding by the spirit of no crosstalk, we use "I Statements" and we share our own experience of what has worked for us, recognizing that what works for us, might not work for others.
- Are there any newcomers to this meeting, this line, or to CLA who have any questions and would like to hear the experience, strength and hope of others? **(Pause. Welcome newcomers and try to answer their questions as best you can. Open up to the floor if you don't have the answers. It is also nice for the newcomer to hear from other people to gain multiple perspectives).**

