

CLA MEN'S MEETING

1. Open the Meeting.

"Good morning and Welcome to the Saturday Men's Meeting of Clutterers Anonymous. My name is _____ and I am a Recovering Clutterer and your leader for this meeting. This will be a one-hour meeting with time for fellowship and exchanging phone numbers afterward.

2. Opening prayer

"Please help me open this meeting with a moment of silence for the clutterer who still suffers followed by the serenity prayer. This can be found on p 32 of the Literature collection.

"God, grant me the Serenity to Accept the Things I Cannot Change; Courage to Change the Things I Can, and the Wisdom to Know the Difference".

3. Preamble reading

4. "Will someone please read the Preamble? It can be found on the CLA website, in the CLA Literature collection on pp. 10 and 118, in the Blue Leaflet, "A Brief Guide".

5. Introductions and commitment follow up from previous week:

"Let's go around the virtual room now and introduce ourselves. Also, how did our commitments and /or decluttering efforts go from last week? Please say your first name only. If this is your first or second meeting, please let us know so we can welcome you.

6. Clutter reading:

"Will someone please read "What is Clutter?" It can be found on p. 49 of the CLA Literature Collection; in the Yellow Leaflet," Recovery from Cluttering: The 12 Steps of Clutterers Anonymous", and on the CLA Website.

7. Steps reading:

"Personal recovery in CLA is based on the 12 Steps. Will someone please read the 12 Steps? They can be found on pp. 25 and 122 of the CLA Literature Collection, in the Yellow Leaflet, "Recovery from Cluttering: The 12 Steps of Clutterers' Anonymous ", and on the CLA Website.

8. Traditions reading:

9. "The Traditions guide and direct the decisions and actions of each CLA group and our fellowship. They can be found on the CLA Website and on pp. 26 and 123 of the CLA Literature Collection" and in the Blue Leaflet, "A Brief Guide". {The Host now reads the Tradition of the Month.}

Tools of Recovery: Host reads the Tools of Recovery (not the description of each, just each tool), p. 27 of the CLA Literature Collection, on pp. 17 through 19 of the Red Booklet "Is CLA For You? A Newcomer's Guide to Recovery" and on the CLA Website.

10. Variable focus and personal sharing segment: reading from

Ten Years of Clarity / suggest a topic (the reading or another topic):

"As we open the meeting to Personal Sharing, I'd like to remind everyone about Crosstalk. We do not engage in Crosstalk at this meeting. By Crosstalk, we mean interrupting or directly addressing another person. Crosstalk also includes commenting on or referring to what another person has said when sharing. This guideline allows us freedom from the Fear of Judgment or interruption. Also, singleness of purpose reminds us to identify as Clutterers' only." Also, please limit your share to 3 – 5 minutes to provide everyone an opportunity to share (timekeeper?).

(Invite Newcomers to share if any)

10a. Step meeting: Do the Step/Tradition corresponding to month. (Last Saturday of the Month).

“Will someone please read step ____ and the paragraph right below it? This can be found on p. 50 of the CLA Literature Collection and in the leaflet, "Recovery from Cluttering: The 12- Steps of Clutterers' Anonymous”.

11. End personal sharing:

“Thank you, that’s all the time we have for Personal Sharing today. If there wasn’t an opportunity for everyone to speak, and you would like to or you have questions that went unanswered, please ask them in the fellowship afterward.

12. Short/long term commitments:

“Now let’s go around the room and share a recovery commitment for the coming week or pass if you choose. Who would like to start? “

13. Recovery affirmations reading. p. 29 of the CLA Literature Collection or pp. 20 and 21 of the Red Booklet, “Is CLA For You? A Newcomer’s Guide to Recovery”. Each person on the call reads one affirmation.

14. Realization closing reading (host reads): “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 bank books, 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! “

15. Announcements – Any Announcements? /Business meeting is/will be 3rd Saturday of the Month
“The 7th Tradition States that there are no Dues or Fees, but we are Self-Supporting thru Our Own Contributions. Contribute thru the CLA Website or mail your contribution to the Clutterers Anonymous World Service Organization, 184 South Livingston Avenue, Suite 9-203, Livingston, New Jersey 07039.

16. Close the meeting:

“Thank you for allowing me to be your leader today. Will all who care to join me in reciting the ____ Prayer. (Choose a prayer on page 32.) KEEP COMING BACK. IT WORKS IF YOU WORK IT. SO WORK IT, YOU’RE WORTH IT! Now it’s time for the Fellowship Meeting: