

Group Stories

Hello friends, my name is DD, and I am from California. This is my first submission to the CLArity newsletter. I am so honored that I was asked.

I started CLA during the Thanksgiving Declutterthon in 2022. Almost a year and a half later, I see a difference in my home and in my attitude. I don't want to deceive anyone, so I must add that I'm still in recovery. The paths in my [\(See "Group Stories," page 3\)](#)

The Ant and the Potato Chip

or

How I Came to See My Need for the Second Step.

Years before CLA came to New York City, I was attending a 12-Step meeting that focused on cluttering. When I heard that there was an actual CLA meeting in New York, I immediately began attending.

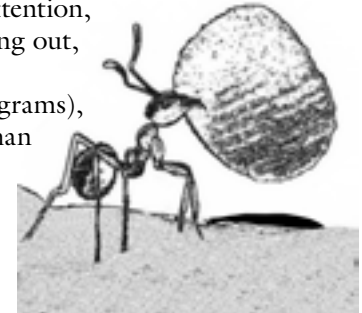
One of the first realizations that I had after a meeting was coming into my room and really seeing the clutter. "It's a cry for help!" I declared. As that recognition reverberated in me, another thought came: "Nobody's coming." I sank into despair, repeating the message "nobody's coming."

But in time it became clear that this was a good thing. Growing up in a dysfunctional home, not getting the nurturing and attention I needed, there was a constant looking to others to care for me, to be the parents I never had.

Unfortunately, I had no understanding of how to relate to people, so I remained isolated. Though I did learn to get attention, negative attention, by being disruptive in class, acting out, anything that would get me noticed.

Before recovery (I'm in a number of 12-Step programs), I was more like a wild animal than a conscious human being. It's been recovery that has raised me. And along the way I saw that cluttering was an issue.

[\(See "The Ant and the Potato Chip," page 6\)](#)



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Tradition 1

Tradition 1: Our common welfare should come first; personal recovery depends upon CLA unity.

I have often heard it said; "The Steps keep us from killing ourselves, but the Traditions keep us from killing each other."

I can write only from a place of what this Tradition's interpretation means to me. *What is our common welfare?*

It seems clear that our common welfare is recovering from cluttering and hoarding.

How does CLA propose to give us that?

By suggesting that we work the 12 Steps of recovery as handed down to us by A.A. but adapted by Clutterers Anonymous. Our individual recovery depends upon our participation in CLA meetings...hence our participation with each other. *What does that mean to me?*

That the Fellowship of CLA survives because without it there would be no personal recovery for me or anyone else. That the spiritual principle of humility be employed. My ego and self-righteous feelings must be replaced with tolerance and love. I remember how wonderful it was to come out of the darkness of shame and a denigrated identification as a low-life person who could not get out of the way of her dirty, unkempt home. Deep down, that's how I felt about myself. Without relating [\(See "Tradition 1," page 2\)](#)

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Tradition 1 (continued from page 1)

to other intelligent, caring, recovering clutterers, I would still be locked in the paralysis of my shame and denial of my home's condition. I recall the powerful healing feeling of realizing I was not alone. Or to simplify it, as I recently heard it: "It's nice to connect to those who have something similar going on." The Clutterers Anonymous Fellowship gave me relief through self-acceptance. Self-acceptance was a bridge to healthy self-love. And this self-acceptance and self-love energized me to move out of inertia into action. Action is our magic word!

How can I give this away?

When I relate from a place of spiritual humility, I am relying on a power greater than myself to center me; and to lead me in empathy, tolerance, and respectful communication which provides me with an open mind and heart. When I don't do that (and it pains me to say it), my opinions may not be in the best interest of CLA unity.

It is my position as a recovering clutterer to emulate humility and let the group conscience be carried out, no matter how much I disagree with it.

CLA is inclusive of all of us.

Recently on the CLA phone lines, there have

been many incidences in the after meetings and business meetings of acrimonious discord.

We clutterers come into the program with more than just cluttered homes, but also cluttered personalities, as well as cluttered spirits. But if our common welfare—which I identify as recovery—is to survive, I must sacrifice my own ego and hurt feelings, relying on a power greater than myself to preserve the unity of CLA. Will I be able to do this perfectly? Probably not, but the willingness to be willing as a recovering person will be there with the grace of my Higher Power. I have come a long way through understanding, "Our common welfare should come first; personal recovery depends on CLA unity."

Rosemary F., NY 

News Flash

WSO


- The Clutterers Anonymous World Service Organization (CLA WSO) held elections for officers. The terms began April 1, 2024. For a list of elected officers, see "About WSO" on page 5.
- The wording of Tradition 5 has been changed to: "Each group has but one primary purpose—to carry its message to the *clutterer* who still suffers." Individuals are asked to make the change in their literature, and newly printed literature will reflect the change.
- To request an item be added to the CLA WSO meeting agenda, visit the CLA website: <https://clutterersanonymous.org/2023/08/02/agenda-item-request-air-form/>. Then fill out the "Agenda Item Request Form" and submit it.

CLA Convention

- The 2024 CLA convention will be held at the White Eagle Events and Convention Center in Niles, Illinois (a suburb of

Chicago). For more information, see "Convention News" on page 8.

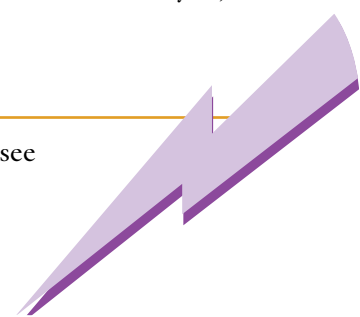
CLA-East

- CLA-East is holding its annual Clutter-Free Day at Saint Luke's Episcopal Church in Metuchen, New Jersey, on Saturday, October 5, 2024. For information, visit <https://clutterersanonymous.org/claeast-page/>. 

Help Wanted

CLA-East Intergroup

CLA-East is seeking a long-term member from east of the Mississippi to train as treasurer of the intergroup. The qualified applicant must be working the CLA program and have their own finances in order. The treasurer reconciles bank accounts and PayPal, pays bills, and produces quarterly reports. For a complete list of qualifications, please send an email to: CLAEastIntergroup@gmail.com and leave your contact information.



Group Stories (continued from page 1)

house are widening, and my heart is softening. I give the credit to my CLA friends, my service, my Higher Power, the Steps, and the Traditions.

The self-nurture activity session is only 15 minutes. For me, it is a very powerful 15 minutes. What is self-nurture? I discovered it right after the declutterthon, when I started CLA.

Lora from Chicago had a charismatic, loving, and welcoming personality, and she encouraged me to lighten up toward myself. She even remembered my cat, Saphro, and would ask about him if I didn't mention him in my share. She made me feel important. Once I figured out that I could listen to her once every day, I set my alarm and that's what happened. That was the first time I discovered that it was okay to take care of myself. The self-nurture in my life became very important. I don't know what my favorite part was, the joyful jubilation or Lora's vibrant personality. But I came regularly for several months. I almost never missed.

I was so sad when Lora announced that she was leaving, due to her busy schedule. I volunteered to take her place, even though I was a novice. I knew nothing about moderating but did not want self-nurture to disappear. I could never take Lora's place, but I do the best I can. Lora didn't have a format, so I created one. I didn't have the natural talent that she had, so I needed a format. I also

had the fear of speaking in front of people. Now, several months later, I do better. I love the people who get up early and join me. I have gained a moderator who does service. That really means a lot to me.



Intergroup News

CLA-East

The CLA-East Intergroup is a monthly phone gathering of representatives of all face-to-face groups east of the Mississippi—that's 32 groups. If your group turned into a phone or video conference group because of the pandemic, we understand. Please send a representative and give each other's groups some support. Each representative gives us a brief report on what is happening with their group, and we offer a safe space for groups to share problems and ask for experience, strength, and hope.

We have recordings from our 2020–2022 Clutter-Free Days for sale on our web page. You can buy one recording for only \$3 or a whole set of 7 for \$18. Please go to claeast.org and look on the page. Once you have bought the recording, please be sure to download it using the simple directions. You can also scroll down and click on the picture of the basket to make a contribution.

Our next Clutter-Free Day will be held in person this year in Metuchen, New Jersey. We

In California it's 7:10 in the morning. So it's pretty early.

Here is something that we say every day, from the green leaflet, "Declutter Your Mind," the section entitled "Self-Nurture: Restful sleep, breaks, exercise, meditation, relaxation, fun activities, and a nutritious diet. We rest before we get tired. We become the most loving boss we ever had. We remember we cannot help others if we are hurting ourselves."

At the end of this session, I always say (which I borrowed from the *Ten Years of CLArity* book) "May Higher Power bless you with love and abundance (not clutter) in all areas of your life."

Oh, by the way, if you're interested in moderating this wonderful session, write me at DDstillclutters@gmail.com.

Goodbye for now, and don't forget to take care of yourselves. DD, CA 🍷

Affirmations

I had never spent much thought on the CLA Affirmations; they just didn't seem that important to me.

(See "[Affirmations](#)," page 7)

may have a hybrid meeting, too. The date is Saturday, October 5. The theme is "Decluttering: Heart, Mind and Soul," and we are looking for workshop leaders, possible topics, and volunteers to help us plan the day. The CLA-East Intergroup meetings are held on the second Saturday of each month at 3 p.m. Eastern Time. We are also having Clutter-Free Day planning meetings on Wednesdays at 3 p.m. Eastern Time. If you would like to come to either meeting, please call (866) 800-3881 and leave a message.

Alison B.
CLA-East Chairperson

The CLA Nighttime Phone-Line Intergroup

In the structure of 12-Step recovery, an intergroup is a service entity that involves a partnership among groups in a specified community or region. Just as the CLA groups themselves are a partnership of individual members, intergroups exist to support the various groups in their common purpose of carrying the message to the clutterer who still suffers. In our case, the intergroup provides service to the 8 p.m. phone-line meeting community.

The CLA Nighttime Phone-Line Intergroup coordinates and (See "[Intergroup News](#)," page 5)

Letter from the Chair

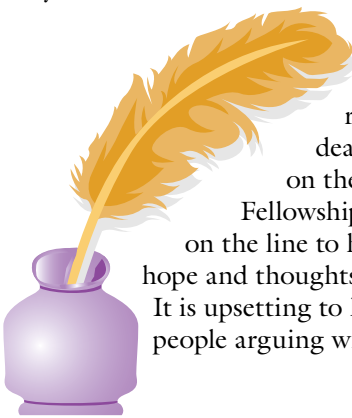
I am now in my final month of a two-year term as CLA WSO Chairperson. For my last “Letter from the Chair,” I have decided to talk with you about unity within this Fellowship. What can be more important than that? Our first Tradition in CLA plainly says that the common welfare of all our members should come first before anything and that our personal recovery from cluttering depends upon our being united together.

The great influx of members during the pandemic, when membership appeared to quadruple, has brought in some members who have proved to be disruptive. This has happened throughout CLA, from the committee level to the phone lines. The effect of this vocal minority has caused our Fellowship to come into stormy waters.

Personally, I have looked at these instances of disunity the same way I would look at a fractious child. These are relatively new members; they don’t understand yet, but they’ll come around. I believe in some cases

that has been true.

It has required a great deal of patience on the part of the Fellowship. People come on the line to hear words of hope and thoughts of healing. It is upsetting to hear, instead, people arguing with one another,



making derogatory statements about fellow members, and casting aspersions on the efforts of the volunteers who are providing service.

If anyone knows anything about the nature of God, then they know that God is loving. When we pray and ask God to give us tolerance for people with different struggles, we are praying for these people. I know like I know my own name that regardless of what anyone hears on the phone lines, for every one person who speaks poorly of CLA, there are fifty people who love it.

I see all organizations, including 12-Step programs, like the pendulum on a large clock. The pendulum swings back and forth. It goes from the extreme right to the extreme left. Events will be going really well for the group, and then eventually things will go extremely badly. It is the nature of things like this to do this kind of activity. I’ve seen it happen many times throughout my lifetime. It is unfortunate that this is such a trial for our members to contend with and the cause of newcomers being reluctant to return to our phone lines.

However, my experience with this type of conflict within an organization is that it signals the beginning of a time of growth for that group. Due to these unfortunate developments, some very large changes will need to be made within the Fellowship. Due to the fact that the problems continue, I can see that these deep changes are not only necessary, but they will likely make CLA better and stronger in the future. I believe that the changes that we will be forced to make to safeguard our common welfare will, in the long run, be good and solid changes that will enhance the future of Clutterers Anonymous. In essence, God will turn this time of trial into a blessing for our Fellowship.

Let’s face it, we are over-worked and over-booked. Yet, when we know that there is no other way to achieve unity for this Fellowship, except through drastic change, then drastic change will have to take place. We all need to be able to safely
(See “[Letter from the Chair](#),” page 6)

Maintenance: Learning and Practicing the Art of Caring

I had been staring at my cluttered kitchen for days, and the upset was getting to me. I hadn’t the time or the motivation to clear the counter, and it was destroying the serenity that I had so willingly and courageously worked for in CLA. Then, I remembered...

When I am frustrated and those awful familiar emotions come bubbling to the surface and keep me in overwhelm and paralysis, it is because my self-will has once again taken over. Realizing this, I reminded myself that I am a clutterer and powerless over stuff. I paused; took several slow, deep breaths; and asked G-d to help me. I made a conscious effort to reconnect to the guidance and wisdom of my Higher Power. I immediately felt relief. It was time to get into action. I re-earmarked how I wanted my

counter to look, so that what I needed was more accessible and still left space for food preparation. It took two hours, and I declared it complete. Filled with gratitude, I thanked my Higher Power for the help and was guided to write this article.

These are the words revealed to me by conscious contact: “If you keep something, take care of it. If you take care of what you own, your Higher Power will take care of you. If you discard something, acknowledge it and thank it for its service in your life. Then say goodbye.

(See “[Maintenance](#),” page 5)

Maintenance *(continued from page 4)*

Allow it the honor of going to its new home, whether to a thrift shop, a landfill, or to be recycled. Clutter is part of the wheel of life. We cannot escape stuff. We need stuff, maybe not nearly as much as we believe we need it, but it is here to stay.”


CLA helped me make peace with my possessions and stop obsessing about them. Relieved of my unhealthy attachment to things, I see things for what they are and not for what I believe they can do for me.

In CLA, I learned that “all clutter is unmade decisions.” For me, this applies not only to physical clutter, but to mental and activity clutter as well. By prioritizing my goals, praying for courage, and using the Tool of Focusing, I make one decision at a time. Practicing the completion cycle relieves me of my long mental and physical “to do” lists and allows me to move into maintenance.

Maintenance, as I now understand it, is practicing the art of caring. Every day, I am open and willing to learn and practice the cleaning and maintenance skills that I struggle with or didn’t learn growing up. “G-d, grant me the serenity of an organized life, the courage to change my habits to ensure these joys...” (from the “CLA Organized Life Prayer”). Changing my caring habits for my belongings grants me the serenity of a decluttered life.

I must also work on daily maintenance of my spiritual condition. By practicing healthy attitudes and behaviors, I learn to care about myself and my recovery. I make a conscious effort to connect with my Higher Power on a daily basis, sometimes more often as the need arises. Prayer (talking to G-d) and meditation (listening to G-d) helps me practice faith and trust. It also helps me declutter my mind.

The program of Clutterers Anonymous grants me the wisdom to achieve and maintain recovery “one moment, one hour, one day at a time.”

Just for today, I commit to a reasonable effort to practice the caring art of maintenance. Leah C., CA 

7th Tradition

Our 7th Tradition states that all CLA groups should be self-supporting through members’ contributions. Whenever possible, groups make contributions to World Service and/or CLA-East.

How does CLA use these funds to meet its expenses and to stay in operation?


They pay for:

- Literature printing
- Meeting starter kits
- Meeting lists
- Web site
- Webmaster
- Phone service
- Postage
- Post Office box rental
- Literature storage unit
- 501(c)3 annual filings
- Incorporation fees
- Various office supplies

About WSO

On March 23, 2024, elections were held for officers of Clutterers Anonymous World Service Organization (CLA WSO). The results of the election are listed below.


- Chairperson—Cee Z., Maryland
- Vice-chairperson—Ruth O., United Kingdom
- Recording secretary—Kathy H., California
- Corresponding Secretary—Lisa G., Florida
- Treasurer—Marge S., North Carolina
- Assistant Treasurer—Laura P., California/Washington
- Voice Mail Correspondent—Mickey M., Arizona
- Web Mail Correspondent—Mickey M., Arizona
- Archivist—Jill B., California

The term of treasurer is for two years, from April 1, 2024, to March 31, 2026. All others are for one year, from April 1, 2024, to March 31, 2025. 

Intergroup News *(continued from page 3)*

addresses issues and concerns common to phone meetings held on the 8 p.m. phone line, bridges communications among phone groups and between phone groups and CLA WSO, and plans and schedules phone events. The Nighttime Intergroup also enlists and supports newcomer greeters, moderators, and meeting delegates for the nighttime meetings.

In addition to the nightly meetings held on the 8 p.m. phone line, this intergroup is best known for producing the declutterthon five times a year. During the January 2024 declutterthon, we broke the 200-participant mark for the first time. We continue to spread the good news of hope and healing through these periodic events. It’s important to remember that the purpose of the declutterthons is to “...carry the message of Clutterers Anonymous.” It’s not just a periodic virtual house cleaning party, although there is an upbeat sense of camaraderie throughout. It’s so much more than that.

For many sufferers, the declutterthon is their first introduction to our program. It is their portal from despair to recovery. We take seriously the charge to reach out far and wide to extend the hand of CLA to all who need it. We are thrilled to see how it has grown, and we believe it will continue to do so as more people recover and spread the word. To those of you who are doing that, we say “Thank you!” Cee Z., MD 

The Ant and the Potato Chip*(continued from page 1)*

When I was 11 years old, my mom started going to a 12-Step program for friends and families of alcoholics. My dad's drinking was severely affecting our family. My mom began to hear that being a "good wife" did not include having to take verbal and physical abuse. She woke up and realized that she had been living under that assumption for many years. And she rebelled!

Suddenly dishes weren't being done; they piled high in the sink. Fresh laundry, rather than being folded neatly and put into my brother's and my dresser drawers, was unceremoniously dumped onto the middle of our bedroom floor to be picked through for our clothes.

In retrospect, I see this was my mom's way of declaring her freedom. But it happened at a time when I was just learning to look outside myself to see how people lived their lives, ordered their belongings, etc. So I picked up on my mom's rebelliousness, not really understanding it. Like so much of the rest of my life, I learned to mimic human behavior without understanding the reason behind it.

So as I continued to come to meetings and admit my powerlessness over clutter and the unmanageability that it caused in my life, I came face to face with the second Step: Came to believe that a power greater than myself could restore me to sanity.

I took it as a bit of an affront. "What are you saying, I'm crazy?!" In other areas of my life I realized that there was insanity. Coming from the violent, critical, perfectionistic home environment that I did, anyone's sanity would have been impaired. For a long time I just accepted it. "OK, I'm crazy, I'll run with it!"

But underneath the gleeful facade was deep despair. I felt hopeless that I could ever get better, be restored to sanity.

Fortunately, I began to find recovery and sanity in other areas. But with cluttering there was no let up. I was a clutter magnet. Books on

the street—piles would come home with me. Furniture would often be grabbed and taken home without the least thought of where it would fit into my living space.

Here is where the ant and the potato chip come into play. Have you ever seen an ant carrying something large in its jaws? I once saw one carrying a large piece of a potato chip. I was amazed that something so small had the strength to carry, relative to its size, such a huge thing.

From a web search: "Ants can carry objects that weigh up to 50 times their own body weight. Imagine a human lifting a car—that's the equivalent strength relative to their size!" Obviously, I can't claim to have such strength myself, but there was an event that reminded me of that ant.

One evening I was coming home, and I saw a huge, round maple hardwood table that the church on the corner had put out. The table top was two inches thick, beautifully finished. I had to have it!

So like the ant and its giant potato chip, I rolled the table top up the street to my building. Fortunately/Unfortunately, the building I lived in had a freight elevator that residents could help themselves to. It certainly would not have fit in the regular elevator. So I rolled it in and up to the sixth floor I went.

It was fairly late and my partner was sleeping. I quietly opened the apartment door and quietly rolled the table top into the back room, "my room," and leaned it against the wall, hurrying back to the church to retrieve the base for the table.

It was only the next day that I realized that if I set up the table top, which was over ten feet in diameter, there would be no space in the room at all. I would have to squeeze my way around the whole thing. That's when I saw the insanity and saw I needed to believe that "a power greater" than myself could begin to restore me to sanity.

I can't say (who can?) that I have achieved total sanity in regards to clutter; but when my hand automatically clamps on an item in the street, no matter how nice it is, my Higher Power nudges me. "Do you have a place and space for this?" If the answer is "no," I let go of my grip and walk, sometimes sadly, away.

I've had to pass on some very nice things, but there was simply no place for them in my living space; bringing them home would transform them instantly into clutter. Seeing that is tangible proof that a degree of sanity has been restored by a loving Higher Power: We believe God wants us to live useful and joyous lives and not be burdened by clutter. (From Step 11)

Daniel H., NY 🗺

Letter from the Chair *(continued from page 4)*

share on the phone lines without repercussions, fear of lost anonymity, or ridicule. That is something that God wants for this Fellowship. The end product of this unfortunate conflict will be a stronger unity than ever for Clutterers Anonymous.

Please pray for the protection and unity of CLA, trusting that the final outcome will reflect the will of God for us. Please pray for peace within CLA and also for guidance and wisdom for those who are finding solutions for these problems.

I want to thank all of you for the support and encouragement I've received as chairperson for the past two years. It was a privilege to serve you and a wonderful experience for me in many ways. May God continue to bless our efforts to declutter and our efforts also to safeguard the unity of Clutterers Anonymous for future generations.

Sheryl B., MI 🗺

More Than Enough

I never cease to be amazed by what I learn about myself in 12-Step recovery programs. Having worked the Steps prior to coming to CLA, I thought I'd done a fearless and searching 4th Step. I had. For that moment in time, it was thorough. However, my recovery in CLA has taken me so much deeper. Recently, during some meditation and writing, I had a profound and unsettling recollection that helps to explain how I got here.


When I was young there wasn't much money in our household, so my mother had to be careful with how she spent her meager funds. As an only child, I believed I was entitled to whatever my little heart desired. I didn't understand the limitations of my mother's slim purse. I asked for what I wanted because that's what children do. My mother would often respond, "You don't appreciate what you have!"

What unsettled me during that quiet reflection time was the truth of that statement. In fact, I did not appreciate most of what I had. For one thing, what I got was usually cheap and of poor quality. For another, it was never quite enough. Initially, I didn't get the real fashion icon doll of my youth. It was a cheap knockoff. When I finally got that much-coveted doll, I got only the outfit she came in. Other girls had multiple outfits, especially if their mothers had sewing machines. Oh, how I envied those playmates.

What I got was never enough and never good enough. My mother also told me to, "Grow up, get a good education and a good job, and buy it yourself." So, I did. Oh boy, did I ever!

I discovered the secondary resale market and went for it. I knew every thrift and consignment shop within a 20-mile radius, and I went looking for quality. I was in search of the labels that would tell the world (or, at least, anyone paying attention), that I was somebody. Finally, it was good enough. Surely, that meant I was good enough, too? The problem was that I didn't really believe it deep inside. I was seeking an external solution to an internal problem. Nothing I could buy would resolve the nagging feeling that I was irreconcilably flawed. I would never be good enough, but at least I'd look (and sound) the part.

I began by saying how much I've learned about myself through working the Steps. Even more important is what I've learned about my Higher Power. I am not hopelessly, irredeemably flawed. I'm human, with all that comes with that. My Higher Power knows that and loves me unconditionally. My job is to believe what God believes about me and to love what God loves about me. I am enough for the work of my life, which I've come to believe is being of service to humanity. There is no greater fulfillment, and it can't be bought at any price.

Cee Z., MD 

Affirmations *(continued from page 3)*

A few months ago, my Step group decided to each pick an Affirmation daily and share it in our group text. I took that opportunity to choose an Affirmation each day concerning an area in which I was struggling and really focus on it. I then tried to use that to aid in my recovery. It helped me a great deal!

I think it may have been partly due to the daily contact with my Step sisters, but I also think it helped by concentrating my attention on something I was struggling with at the time.

Some of the Affirmations that helped me and my struggles are listed below, along with the specific area I was struggling with that was helped by it.

"I accept my progress as proceeding in my Higher Power's time." When I get overwhelmed with too many things, it sometimes helps to stop, meditate, and then concentrate on one thing at a time.

"I am ready, willing, and able to change my relationship with clutter." This Affirmation

reminds me that I often clutter just because of the habit I have of avoiding addressing my clutter—and that I can change that by working my program.


"I actively participate in my own life." I have had a habit of avoiding dealing with my clutter by getting lost in books and games. Then life passes me by, and I miss things important to me. So this reminds me that I need to pay attention to what is going on.

"I live in a clutter-free environment, physically, mentally, and spiritually." I remind myself that I don't need to deal with physical clutter only, but that mind clutter can be a big problem leading to physical clutter and other problems.

"I participate with my clutter by putting my attention and action on it in the present moment." I can so easily ignore my clutter, losing myself in reading or other activities. This reminds me to pay attention to the clutter and take care of it.

"I schedule quiet time for communing with my Higher Power." Meditating helps to keep me focused on what I need to do.

Our group has since moved on to other things for our daily contact, but I am still trying to keep one Affirmation in mind each day to help with my struggles with clutter.

Kathy H., CA 

Convention News

“It’s Never too Late...But It’s Later than You Think!” That’s the theme of the 2024 CLA convention, which will include speakers, workshops, and presentations.

It will be held on July 20 and 21 at the White Eagle Convention and Events Center, 6839 North Milwaukee Avenue, Niles, Illinois 60714.

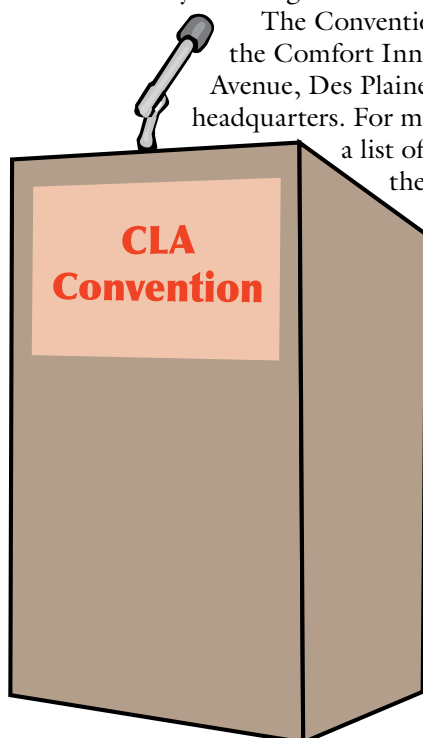
On Friday night, July 19, there will be a recovery meeting held at The Liven Room, 7013 North Milwaukee Avenue, Niles, Illinois 60714. The banquet will be held on Saturday, July 20, from 5:30 to 8:00 p.m. at The Red Apple Buffet Restaurant, 6474 North Milwaukee Avenue, Chicago, Illinois 60631.

The cost for attending includes lunch for each day of attendance. Two days’ attendance costs \$125, if registering between April 1 and May 31, and \$150, if registering between June 1 and July 8. One day’s attendance is \$75. The cost for the banquet is \$42.

To register, go to: <https://clutterersanonymous.org/store-usa/#conventionreg> and follow the prompts. If registering for both the convention and the banquet (or to also add to the Scholarship Fund), you must enter one item, and then select “continue shopping” to return to the order page to add additional item(s). All registrations must be received by 6 p.m. Eastern Time on July 8.

If you are interested in finding a roommate, are needing or are willing to provide a ride, or have an interest in sightseeing, go to <https://clutterersanonymous.org/2024/04/01/convention-logistics-form/>. Fill out and then submit the “Logistics Form.”

If you have food restrictions, you must let the Convention Committee know by July 8 in order to accommodate your requirements. Send an email to Convention@ClutterersAnonymous.org.



The Convention Committee has selected the Comfort Inn, 2175 East Touhy Avenue, Des Plaines, Illinois, as convention headquarters. For more information, or to find a list of other nearby hotels, access the “Accommodations Fact Sheet” using the URL below. For maps and information on local transportation, access the “Transportation Fact Sheet” using the URL below.

Periodically check for updates at <https://clutterersanonymous.org/events/convention/>. For any questions, email Convention@ClutterersAnonymous.org.

In Memoriam

It is with much sadness that we announce the passing, on March 16, of our beloved member Ted S., of Long Island. Ted was a long-standing member of CLA-East. He was a past intergroup chairperson. He was instrumental in planning many Clutter-Free Days and gave a number of workshops over the years, which included One-Minute Meditation, which people loved and talked about for years afterward. Ted also presented at conventions, as well as writing articles for the CLArity newsletter. He is also known for his cartoons, which ran for about nine years. These were in the CLArity newsletter; and of course, in *Ten Years of CLArity* and *The Next Five Years of CLArity*. He will be greatly missed. ▽

CLArity is produced entirely by members for the CLA Fellowship, upholding all 12 Traditions. Names on articles submitted will be withheld upon request, and only first names and last initials or pseudonyms are ever used. We also include home state or country.

MD denotes the state of Maryland, not medical doctor.

In Appreciation

The CLArity team thanks everyone for supporting the newsletter. Our appreciation goes to our latest subscribers from California, Florida, Pennsylvania, and Washington.

And a special thank you to those who are spreading the word about CLArity while doing service in CLA, in face-to-face and phone meetings and by other means. ▽

Welcome to CLArity

CLArity is a forum where you can exchange your ideas and your experience, strength, and hope with others in the CLA Fellowship. Take action to be heard in our community:

- Send a “letter to the editor” to CLArity, 184 South Livingston Ave., Suite 9-203, Livingston, NJ 07039 or an email to: Clarity@ClutterersAnonymous.org. All requests for anonymity will be respected.
- Share CLArity with a friend. ▽