

# **A Format for the Saturday 8 a.m. ET Meeting**

**(call (425)436-6374, code 5301224#)**

**(For moderator: to mute the line \*5. to check the number of people on the line \*2)**

Welcome to the Saturday morning 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 (eliminate clutter and establish more order in our lives) 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 and the red newcomer booklet. (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, could someone please read the 12 Traditions of CLA? They are found in the blue pamphlet and the Red Newcomer's Guide and also on the CLA website. ( 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.

Meeting Guidelines: this meeting is focused on reading CLA literature reading either one of the nine leaflets all the way through or parts of the Newcomers booklet.

Today, we will read \_\_\_\_\_.

Sharing Guidelines before we share: We can either share on what has been read or we can share where we are at in our recovery. Newcomers are welcome to introduce yourself. There will be time for questions after the meeting. We share for up to 3 minutes timed. You may leave a phone number for contact when you share. If you do, please say it twice and give your name, time zone and calling time preferences. **(Please do not ask the sharer to share contact info.)**

We do not crosstalk. Crosstalk is either asking a question or commenting on what another person has shared. Please avoid outside issues when we share.

**“During our meeting, we encourage service by reading, sharing, timekeeping, and offering to help other clutterers outside of meetings. 2 reasons to serve are to help others who still suffer and because our own recovery is always stronger when we give service”** (added 11/28/20 and 1/2/2021)

Who would like to be our time keeper? *The time-keeper says “1 minute” after the person has shared 2 minutes and “time” after they have shared 3 minutes.*

You can self-time or can request not to have a 1-minute warning. Please acknowledge the time keeper.

Who would like to read? Who would like to share?

The last Saturday of the month is a Business Meeting at 8:45 a.m. ET. If there is enough time to share, we will renew sharing after the meeting.

8:55 a.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: **The new address of WSO is CLA WSO, 184 South Livingston Ave., Suite 9-203, Livingston, NJ 07039. (9/2020)**

We would like to remind you that we refrain from sharing non-CLA information after this meeting while on our CLA phone lines, in keeping with our Twelve Traditions.

Do we have any CLA announcements? **Does anyone have a CLA anniversary?**

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.**

It's time to share commitments for the next hour. What will you do to work on your clutter?

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