MONDAY 8:00 PM CLA LITERATURE MEETING

Revised: 02-26-19, 05-27-19.

515-604-9021 access code 102163 #

NOTES FOR THE MEETING LEADER

-Red text is to guide the Leader; it IS NOT read aloud.

–Black text is the script; IT IS read aloud

- --Blue text is CLA literature.

CLA announcements begin at 8:50 pm.

(The last Monday of the month we have our Monthly Business Meeting, which starts at 9 pm, right after the Recovery Meeting for a maximum of 15 minuets.)

INTRODUCTION

Welcome to the Monday Night Literature Study Meeting of Clutterers Anonymous. My name is _____, and I am the Leader for the meeting tonight.

At this meeting we study the nine CLA Leaflets, except on the first Monday of the month when we invite a speaker to share their experience, strength and hope.

Will you please join me in the Third Step Prayer, which can be found on p.63 in the Big Book of Alcoholics Anonymous.

THE THIRD STEP PRAYER

God, I offer myself to Thee - To build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

Will someone who has the blue leaflet, please read the Preamble to Clutterers Anonymous. The name of the blue leaflet is A Brief Guide. It can also be found online under the about tab. *(If no one volunteers, the Leader reads the Preamble.)*

PREAMBLE

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 Twelve Steps of recovery and by being guided by our Twelve 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.

Will someone please read the Twelve Steps of CLA, the suggested guidelines for individual recovery? The Twelve Steps can be found in the blue leaflet, "A Brief Guide," the pale yellow CLA 12 Steps leaflet or online under the Resources Tab. *(If not, the Leader reads them.)*

THE TWELVE STEPS

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.

Will someone please read the Twelve Traditions of CLA, the suggested guidelines for CLA groups? The Twelve Traditions of CLA can be found in the blue leaflet, "A Brief Guide.", on page 11 of The Red Newcomers Booklet and online under the Resources Tab. *(Again, if no one volunteers, the Leader reads them.)*

THE TWELVE TRADITIONS

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.

This CLA meeting is open to anyone who has or may have a problem with clutter, and to anyone interested in a spiritual solution. Now everyone may introduce themselves by first name only. You are welcome to say where you are from. If this is your first meeting, please let us know so we may

give you a special welcome. Press *6 to un-mute and then please press *6 to mute your line again immediately after speaking.

Welcome to all, including those who did not introduce themselves.

We do not engage in cross-talk at this meeting. By cross-talk we mean interrupting or directly addressing another person. This guideline allows us freedom from the fear of judgment or interruption. To read or share press *6 to un-mute your phone. After you share please press *6 to mute your phone again.

Please remember that at this meeting you are welcome to share your phone number and/or your email address immediately after your share. Please say your contact information slowly and twice.

REMEMBER THAT WHAT YOU SEE HERE, WHAT YOU HEAR HERE, WHEN YOU LEAVE HERE, PLEASE LET IT STAY HERE.

MEETING FORMAT – WEEK 1

I would like to introduce our speaker _____ . Would you like a 5- minute reminder at 15 minutes?

Thank you _____. Do you have a topic for us to discuss? Are you comfortable receiving any direct feedback about what you shared?

We invite sharing at this time, preferably on the topic suggested, or on your personal CLA recovery. Also, to allow as many members as possible to share at this meeting, please limit your shares to no more than 3 minutes each. If your share exceeds 3 minutes, the spiritual timekeeper will interrupt and give a gentle reminder to wrap-up your thought.

May I please have a volunteer to be our spiritual timekeeper? *(If no one*

volunteers, the Leader will be the timekeeper.)

MEETING FORMAT – WEEKS 2, 3, 4 & 5

At this meeting we study the 9 CLA Leaflets. Tonight we'll be reading from _____ *(State the color and title of leaflet).*

May I please have a volunteer to read the paragraph or section beginning at _____? *(You may ask the person to read it again or go right to sharing after the single reading. If there is no volunteer to read, the LEADER does the reading.)*

NOTE: The leader should write down where we stopped reading. If the leader will not be leading the following week, he/she should let the new or substitute leader know. Otherwise, select a Leaflet to read 1-2 paragraphs at a time for sharing.

We invite sharing at this time. To allow as many members as possible to share at this meeting, please limit your shares to no more than 3 minutes. If your share exceeds 3 minutes you will be given a gentle reminder to wrap up your thought. May I please have a volunteer to be our spiritual timekeeper? *(If no one volunteers, the Leader will be the timekeeper.)*

Who would like to share on what was read, or on your own personal recovery?

NOTE: Remember that sharing ends at 8:50 for announcements.

ANNOUNCEMENTS

Now we break for announcements. Does anyone have any BRIEF CLA-related announcements?

At the conclusion of announcements by members, read the 7th Tradition announcement as follows:

Our 7th TRADITION states that every CLA group ought to be self-supporting, declining outside contributions. This Monday meeting on the phone has no regular expenses, so we ask that you send any contributions directly to CLA World Service. If you do send a check or money order, please note in the memo section: “Monday Phone” or “Phone Meetings”. The address to send your donation or to order CLA leaflets and the Red Newcomers Booklet is: CLA WSO, PO Box 91413, Los Angeles, CA 90009. You can get all 9 leaflets and our Red Newcomers Booklet for only $8.05 Postage PAID. You may also order literature and donate on the CLA website at www.clutterersanonymous.org

To obtain CLArity, our CLA newsletter, the price for a one-year subscription is $12.00, or $22.00 for two years. To obtain eCLArity, our electronic CLA newsletter, the price for a one-year subscription is $8.00 or $15.00 for two years. Make your check or money order payable to “CLArity.” and mail it to: CLA WSO, 184 S. Livingston Ave., Ste. 9-203, Livingston, NJ 07039. CLArity may also be ordered on the website.

CLOSING of MEETING

Now it is time to close this meeting. Here is our closing remark:

The opinions expressed here today are strictly those of the individuals who gave them. The things you have heard are spoken in confidence and should be treated as confidential. We do not take outside the meeting who and what we hear at the meeting. If you'll try to absorb what you have heard, you are bound to gain a better understanding of the way to handle your problems. Talk to each other, reason things out with someone else; let there be no gossip or criticism of one another, but only Love, Courtesy, Tolerance, and Companionship.

Please join me in the closing prayer, the 7th-Step Prayer found on page 76 in the Big Book of Alcoholics Anonymous:

THE 7TH STEP PRAYER

My Creator, I am now willing that you should have all of me, good and

bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding.

FELLOWSHIP AFTER THE MEETING

If you are hanging up, first please read the Fellowship Statement and ask if a "regular" can stay on the line to answer newcomer questions. If no one steps up, suggest a round-robin format.

FELLOWSHIP STATEMENT

We now begin our after-meeting. Please respect CLA Traditions and keep the focus on CLA-related issues only. Invite one another to share rather than having lengthy discussions between only two people. Sometimes others do enjoy just listening, so 2-way discussions are okay if no one else speaks up. But again, please invite and welcome each other to participate to help create an inclusive sense of community. And, while we are more relaxed in our after-meetings, please be mindful of the time and not be offended if a fellow member breaks in on a lengthy share.

SUGGESTED FORMAT*

– Invite newcomer questions.

– Invite exchange of contact information for outreach.

– Invite brief (20-30 second) commitments of a Focused Action to complete within a stated period of time. For example, the next 30 minutes, the following day, or the coming week.

– Invite individual sharing (preferably for 2 to 4 minutes).

– Invite suggestions for a topic (especially if sharing gets off to a slow start).

– Invite readings of CLA-approved literature (especially during lag time).

** The suggested format is formulated to provide guidelines for a productive and stimulating after-meeting. Sometimes the after-meeting takes on a life of its own and flows unassisted by the suggested format.. Sometimes the only Leader we need is a Higher Power.*