Single Issue: $3.50

CLArity

Clutterers Anonymous Newsletter

Volume XVIII, Number 4

Holiday 2024

The Steps

As an agnostic, I have struggled often with the deist language of the Twelve Steps. In many cases, I can substitute "my Higher Power" (**G**roup **o**f **D**e-clutterers) and it works. On the other hand, sometimes it just doesn't fit.

At one point, I feared that my allergy to dogma would prevent me from being able to fully use the 12 Steps.

However, I found multiple ways to interpret my Higher Power. I feel that the wisdom of my elders has been passed

(See "The Steps," page 3)

Inside This Issue

1 The Steps
Regifting
Qualification

2 My CLA Toolbox
News Flash

3 Spotlight on Service

4 Letter from the Chair

5 About WSO
7th Tradition
Intergroup News
CLArity Box

6 Affirmations

8 Graphic
Subscription Changes
Convention News
In Appreciation
Welcome to CLArity

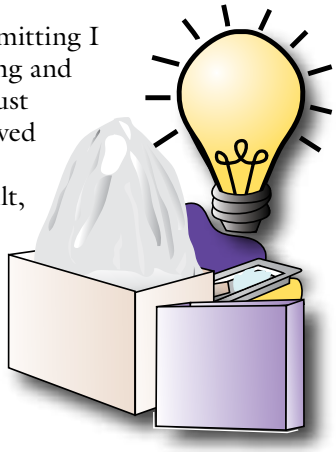
Regifting

Messages of Hope

I recently celebrated five years of recovery in CLA and have been abstinent from compulsive acquiring for over two-and-a-half years. This amazing Fellowship helped remove my clutter fog so that I could sanely declutter my home and begin to focus on deep cleaning and maintenance.

My attitudes and outlook on life have changed; and my actions now manifest the transformation of my home into a place of beauty, order, and serenity.

I continue to attend meetings, do service, sponsor, and connect with my Higher Power on a daily basis. By sharing my journey in CLA with my struggles and victories, I try to carry the message that there is a solution for those of us who still suffer from this disease. Here are nibbles of wisdom that I have learned. Feel free to grab onto them if they help you:



I told myself every excuse I could think of to avoid admitting I was powerless over my cluttering. I believed that cluttering and hoarding behaviors were a matter of self-will and that I just hadn't yet found the right organizing techniques. I believed that the chaos I created around me was my fault—and therefore my responsibility to figure out. The shame, guilt, and isolation led me to suicidal thoughts and feelings of worthlessness. **Lesson learned**: I have a disease which, for me, manifests with a physical allergy (abnormal reactions when I am compulsively acquiring

(See "Regifting," page 4)

Qualification

Hello friends and clutter buddies,

My name is DD. I do service on the DD line (Divine Decluttering Line), so you will probably hear my voice periodically, depending on how early you get up.

I'll tell you a little about myself. My biological dad left when I was a year old, so I didn't know him.

I came from a poor hispanic family and had four other siblings, three brothers and a sister. I was born in San Jose, California, because I wanted to be near my mother. (You're supposed to laugh here, lol).

When I was a baby, my grandfather, who had very poor vision and could see only the capital letters of my first and middle name (which is Diana Doris) christened me DD. And the nickname has stuck with me all these years.

I've always loved to sing. My mom said even when I was a baby, my cries were like music. Maybe because I was her first girl. However, she really believed this. In fact, she entered me into an amateur radio contest for children when I was two years old. I sang and won the competition with a song about a teddy bear. The end of the song says, "Teddy bear, Teddy bear turn off the light, Teddy bear, Teddy bear say good night." I left out the line that said turn off the light. At the end I shouted, "oh no, I forgot to turn off the light," and then I cried. I think maybe

(See "Qualification," page 6)

CLA*rity*, 184 South Livingston Ave., Ste. 9-203 Livingston, NJ 07039
CLArity@ClutterersAnonymoua.org
(866) 402-6685

Published Quarterly
Copyright CLA*rity* 2024
All Rights Reserved

If you move, be sure to notify us immediately so that you won't miss a single issue. Send a change of address to one of the addresses above.

U.S. Subscriptions:
One Year: $12
Two Years: $22

Team:
Alison B., New Jersey
Betsey K., New Jersey
DD, California
Kathy H., California
Ruthe S., Pennsylvania

Contributors:
Carol N., Nevada
Marcia R., Utah

My CLA Toolbox

The Spirituality of the Tools

The root cause of cluttering is a spiritual illness. It is not about the clutter; it is about what is going on inside of us, and that is why we work the 12 Steps. I looked up a definition of spirituality, and it said it is the quality of being concerned with the human spirit or soul. We know the Steps are spiritual, and I would argue that the Tools are, too. In the following, I will explain why.

Service—The main goal of CLA is to help the clutterer who still suffers, and service is how we do that. There are many types of service. Doing service at the meeting level is usually the best way to start. Reading the Steps or Traditions and sharing are forms of service. Taking a telephone call from someone is also service. Service helps us to keep our recovery. It gets us out of isolation and helps us see that there are others like us, which reduces shame.

Meetings—Meetings are where we learn that there are others like us. We start to hear members' experience, strength, and hope and realize there are people who are in recovery. This gives us hope that we can be, too. We start to have some awareness, and we get out of isolation, which helps reduce our shame. Our HP speaks through others, so we start to hear things that we need to hear. And we laugh, which is healing.

Literature—In meetings, we start to read our literature, which is amazing. It talks about spirituality and divine order. I believe that HP speaks through our literature so that we hear guidance we need to hear. It also helps us to get out of shame and shows us what is really important.

Buddies, Bookending, and Telephone—I've grouped these together because they are related to each other. When we start to talk to others on the

(See "My CLA Toolbox," page 7)

News Flash

CLA WSO

- The Literature Committee has finished its work on Step 2 of the Step Workbook. It is available at https://clutterersanonymous.org/fellowship-announcements/, and feedback must be received by January 25, 2025.
- The CLA World Service Organization (CLA WSO) has voted to change the wording of Step 12 from "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" to "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other clutterers, and to practice these principles in all our affairs."
- The Graphic Representation Subcommittee of the Literature Committee has been working on designing graphic symbols to represent CLA terms and concepts. This is primarily to make it easier for speakers of other languages to understand these terms, since there is no direct translation of them available in many other languages. The symbols for Bookending and Earmarking have been chosen, and the symbol for Bookending is shown on page 8.

CLA Convention

- Recordings from the 2024 CLA convention will be available soon as downloadable mp3s. To purchase recordings, go to https://clutterersanonymous.org/electronic-versions-for-download/.
- A tentative location has been chosen for the 2025 convention. See "Convention News," page 8, for more information.

CLA-East

- The CLA-East 2024 Clutter-Free Day was held on October 5 in Metuchen, New Jersey. Look for an article about the event in the Spring 2025 issue of CLA*rity*.

CLA*rity* 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.

The Steps *(continued from page 1)*

down to me; and, when I tune in, I can receive their guidance. I have a network of folks who have helped me in this journey. **G**ood **O**rderly **D**irection is what my life needs more of.

From the beginnings of A.A., some founders who were non-Christian wanted to make space in the program for others who didn't believe in a conventional Christian god; hence, the term Higher Power in place of God.

I have used a few books over the years to help me interpret my Higher Power in a way that works for me. For a while, I thought that what I needed was a fellowship of agnostics and atheists, that I was incapable of compassionately listening to other members talk about their religious practices.

I read one line in one book that helped me. Once one has the vocabulary and the ability to translate, it is just a matter of acceptance. I expect others to tolerate my belief system (or lack thereof), and I do the same in return.

I've been studying the Steps with my co-sponsors and Step-sisters for the last fourteen months. Our voyage has had some choppy water. At other times, we were sailing along at a clip. But then I couldn't get past the doldrums of Steps 6 and 7.

How do I become willing and then ask my face-to-face group or my co-sponsors and stepsisters to remove all my defects of character? It just didn't make sense. This is the work I personally need to be doing. I must actively replace the old patterns of sloppy behavior and stinkin' thinkin' with new attitudes and helpful habits.

So I did an internet search of Steps 6 and 7 from every 12-Step program that wasn't based on a Christian god. I found fifteen variations. My favorite was a one-word step of a Native American version of the 12 Steps. Number 6—Willingness. And number 7—Humility.

If I am willing to change, I can use the guidance of my Higher Power, my face-to-face group, my co-sponsors, and the others in my support network. I can ask for their help in changing my behavior. By publicly making commitments to these groups, writing them down, and following up on a weekly basis, I create new ways of decluttering and maintaining my space. "Action is the magic word."

By sharing honestly and authentically week after week with a group of people I've known for upwards of three, and as many as ten, years, I express my fears and my hopes and work through my resentments and anger.

When I invite members into my home, I cannot hide or dissemble. I have a three-dimensional reality that one doesn't get from a phone meeting.

By promptly admitting when I am wrong, I cultivate humility.

While we are moving at our own pace through the Steps, I feel comfortable knowing that I have the support of my Step sisters and my face-to-face group members. I can interpret my Higher Power in a way that works for me.

Mafa, NY

Spotlight on Service

Planning Clutter-Free Day

I enjoy planning Clutter-Free Day (CFD), and it's not my first time. However, it was the first time we have held it in person since the pandemic, so it was somewhat more challenging than if we had been following plans from the previous year. We do have a manual, which we use as a blueprint. That was extremely helpful. What we didn't have were many volunteers. We had CFD planning meetings every Wednesday at 3 p.m. for months. Why didn't more people help? Many volunteers would make less work for us, and service is part of recovery. I can tell you this from my experience because I seriously make an effort. It is also amazing and rather satisfying to see Clutter-Free Day come to life before my eyes.

I created and sent out weekly agendas to 63 contacts, all of whom had shown an interest. How many would show up to the meetings? We actually had a core group of six, four of whom had been doing service in CLA-East for years. Sometimes more people showed up to the meetings, but mostly there were only four of us. One newer person, Daniel, was designated as the co-chair, so it felt like he and I had equal responsibility. Fortunately, he has a lot of technical knowledge and wanted to run hybrid or virtual meetings on CFD.

I am well aware that a chairperson is supposed to only write agendas, lead meetings, and delegate duties—but unless there are plenty of volunteers behind the scenes, that same chairperson (or co-chairs) can run themselves ragged trying to put plans into action. Daniel was in charge of everything Zoom-related, including the minutes, during the planning meetings. He has a way to record a transcript on Zoom and later run it through artificial intelligence, which takes out repetition and redundancies. It makes taking minutes incredibly efficient!



We were supposed to have subcommittees, with many people making light work. Instead, we had one person each in charge of registration,

(See "Spotlight on Service," page 7)

Letter from the Chair

Greetings, friends and fellows,

Where I live, we have entered the season of autumn, my favorite time of year. The only thing I really like about summer is the long days. I appreciate the extended hours of daylight. But, where I live autumn is a glorious time, described by one poet as a "Season of mists and mellow fruitfulness…" I love that imagery. Autumn is gentle and calming and invites me into a less frantic (cluttered) way of being in the world. With fewer hours of daylight as autumn gives way to winter, I'm in my home more, and I give thanks for the decluttered and uncluttered spaces, thanks to this Fellowship and this 12-Step program of recovery.

Twice I used the words, "Where I live" because I'm mindful of the fact that we are a global Fellowship. We have many members who live in time zones other than mine, both within and outside this country. Have you ever attended a CLA meeting outside the United States? Do you speak Spanish or German? We have meetings in those languages. We also have meetings in the United Kingdom; and those are in English, although I could make a joke about us being separated by a common language. In the spirit of unity and harmony, I won't. My hope is that, as we seek to build a strong Fellowship and to grow, we'll pay attention to carrying the message to those who suffer beyond our U.S. borders.



But we have much foundational work to do before that can happen. In my inaugural message as chairperson, I stated my belief that the power of any organization lies in the service being done on the ground in the day-to-day operations and in the commitment of those doing the work. Simply, there is no Fellowship without that. Yet, I've been intentional about keeping before us the task of thinking and acting strategically. In the months to come, we'll be doing some nuts and bolts work. We'll create a budget for next year, start creating a strategic framework, identify the structures that will best support our mission, and actively seek and support the people willing to come alongside to make it all happen. The goal of all of this is, first and last, to carry the message of CLA to the clutterer who still suffers, inside and outside our rooms.

As I said last time, as we celebrate our 35th Anniversary as a 12-Step Fellowship, we have much to be grateful for. We have done much. We can do more. I look forward to working with you and watching our beloved Clutterers Anonymous Fellowship grow beyond our imagining.

Peace to you,

Cee Z., MD

Regifting *(continued from page 1)*

stuff, either paid or free) coupled with an obsession (I could not stop the thinking that I needed more stuff to make me happy). My obsession with objects was a distraction to avoid facing the pain and emptiness inside me.

If only I could find the right technique. If only I could fix my thinking. If only I could learn to let go. I tried it all, and it all failed. Then I found the rooms of CLA. The program suggests 12 Steps, which would guide me into having a spiritual experience or awakening—which is necessary if I am to have relief from the power the disease has over me. **Lesson learned**: Bill W., cofounder of A.A., said, "You can't think your way into right action, but you can act your way into right thinking."

What turned it around: A more experienced member, to whom I had turned for help, asked me, "Can you stop acquiring for the next 30 days?" "No," I replied. "Can you stop acquiring for the next 24 hours?" A light bulb lit up in my head. "Yes, I can do that for 24 hours." **Lesson learned:** This is a "One Day at a Time" program. I am promised a daily reprieve from my cluttering addiction if I stay close to the Fellowship and work the Steps.

Paper clutter had a magical power. I had no idea what was important and what was not. Part of my disease is that I am an information clutterer. It was not the paper itself, as I believed, but the information on the paper that I feared not having. So I saved it all. **Lesson learned**: Information did not help me recover. This also included uncovering the possible reasons for my cluttering, including trauma. It was just another way for me to make excuses to not do the inner work that the program suggests in Steps 4–9. I wanted to get better without having to face the spiritual emptiness. I needed a Higher Power to help me recover from my resentments and fears.

Trying to make decisions about what to keep and what to discard drove me to shambles and screaming meltdowns. **Lesson learned**: Procrastinating about making a decision is still making a decision. The best decision I ever made was to take that crazy leap of faith and turn all of it over to a Higher Power that I didn't even believe could or would help me.

All of us can regift what we have learned in our recovery journeys. Sometimes our sharing may feel insignificant, but it may be the very words that a newcomer or suffering member needs to hear. Keep coming back, it works if we work it, and we are worth it!

Leah C., CA

About WSO

Nominations for CLA WSO officers will be held on January 25 and February 22, 2025. Elections will be held on March 22. Officer terms will begin on April 1. All terms are for one year, except for the position of treasurer, which is a two-year term.

An abbreviated list of officers' duties is shown below.

- Chairperson—Presides at all regular and special meetings of CLA WSO, the Executive Committee, and the Board of Trustees. Establishes the agenda for all these meetings.
- Vice-chairperson—Serves in the absence of the chairperson. Assists the chairperson whenever needed.
- Recording Secretary—Prepares minutes of all CLA WSO meetings. Takes roll call at all CLA WSO meetings.
- Corresponding Secretary (Storekeeper)—Mails literature and other items. Maintains literature supplies and reorders as necessary.
- Treasurer—Maintains a checking and/or savings account for disbursal of CLA WSO funds. Is responsible for monitoring debit card use and sees that all bills are paid.
- Assistant Treasurer—Serves in the absence of the treasurer and assists the treasurer whenever needed.
- Voicemail Correspondent—Responds to phone messages. Maintains a record of all such contact. Refers inquiries and comments to the appropriate officer or committee.
- Webmail Correspondent—Responds to email messages and "Contact Us" inquiries. Maintains a record of all such correspondence. Refers inquiries and comments to the appropriate officer or committee.

(See "About WSO," page 6)

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

Intergroup News

CLA-East Intergroup

The CLA-East Intergroup is, in theory, a monthly phone gathering of representatives of all face-to-face groups east of the Mississippi—that's 32 groups. If your group has turned into a phone or video conference group because of the pandemic, we understand. Usually we only get about six representatives at our monthly meetings. Please send a representative and give each others' 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 learned that some of our groups receive people from all over the country and from other countries, too. Therefore, we are not really CLA-East anymore, and at some point in the future we will have to be restructured.

Clutter-Free Day was held in person this year in Metuchen, New Jersey, on Saturday, October 5. There were also hybrid sessions. By all accounts, the day was very successful, though we did have our glitches. The theme was "Decluttering: Heart, Mind, and Soul." For more details, please see the article on page 3 about service.

We have recordings from our 2020–2022 Clutter-Free Days for sale on our webpage. You can buy one recording for only $3 or a whole set of seven 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.

The CLA-East Intergroup meetings are held on the second Saturday of each month at 3 p.m. Eastern Time. If you would like to attend, please call (866) 800-3881 to leave a message, including your email address, and you will receive an agenda approximately three days before the meeting.

Alison B., NJ
CLA-East Chairperson

CLArity Box

I am new to Clutterers Anonymous. How do I get started decluttering? *Anxious Newcomer*

Dear Anxious,

Several CLA Tools may be especially helpful as you are starting out.

(See "CLArity Box," page 7)

Qualification *(continued from page 1)*

people thought that was part of the skit. It wasn't. I guess the tears are what won the contest. That started my singing career.

I have sung at parties, at dances, at church, and at weddings from a young age. I love singing, and it brings me joy. I still sing in the shower and while I'm decluttering.

My mother raised us the best she could, and then she married my fantastic stepfather when I was six. He took us five kids as his own, and he and my mom raised us to be thoughtful and kind. They were married 26 years when he passed away in 1980 of lung cancer.

After that, my mother became a clutterer but learned to hide her clutter in her bedroom. I was privileged to take care of my mother until she passed in 1994. Even through her cancer she was a wonderful friend. I miss her every day.

My sister passed in 1998, and one by one all my siblings also passed, until I was the only one left.

I have a wonderful husband, and this past June we were married 35 years.

I am a recovering clutterer. I am also a disabled senior citizen, so my ability is limited. I can be on my feet only five or ten minutes at a time. I am learning to stop making excuses and work as fast as I can during those five to ten minutes. And it is making a difference.

Another thing I love is hummingbirds—and most other animals. I have two hummingbird feeders, and I make homemade nectar, which seems to be their favorite. I love watching them drink nectar. I've even named the hummingbirds and nicknamed them Pretty Birds.

I love reading other members' stories. So I agreed to write mine. Your story is just as unique as mine. You might think about submitting it to CLA*rity*. Every story is special and unique.

Three of the sayings that I learned from the declutterthon were "rest but don't quit," "under promise and over deliver," and "action is the magic word." I say them every day multiple times, and they help me to not procrastinate.

One member states, "whatever is worth doing is worth doing poorly." What a great concept. When I realized I didn't have to have everything perfect, it really helped my progress. I take lots of breaks. I am continuously learning new ways of doing things. I learned that I can do a lot while sitting down, such as shredding paper, going through bags and boxes, etc. Every person has their own unique way of decluttering. You do what works for you. You may have to try a few different methods until you find one that works for you.

Declutterthons are really important to me because I started during one in 2022. Every hour they give you a chance to collect contact information, and I highly recommend this. You will meet the best people when you call.

There is a lot more to my story, but I'm going to stop there. I'll repeat with Alison B., "May Higher Power bless you with love and abundance (not clutter) in all areas of your life."

And thank you so much for being a blessing in my life.

DD, CA

Affirmations

Hello friends, I thought I'd write an article about my favorite affirmation. To be honest, I love them all. But as I moderate and share affirmations (during the quiet times), I see how powerful and encouraging they can be. One favorite has actually changed my thinking. It is: "I am entitled to surroundings of beauty, harmony, order, and serenity." Wow, a wonderful dream of mine. To have beauty (less clutter) and then harmony, which will lead to serenity (not worry so much and less anxiety).

I first experienced this during a time when my elderly friend needed full-time care, and my husband and I decided that I could volunteer to go take care of her for awhile—after all, she was 104 years old. I went to her clean house—not perfect, but clean. Keeping it clean was simple, and there was actually time to sit. People could come over any time, and all I had to do was spray some air freshener, and everything else was taken care of. I had time to crochet gifts and even watch game shows. I did dishes after each meal, with very few exceptions.

Then, after two-and-a-half years, she fell, went into a rest home, and passed away two months later, at the age of 107. I had come home two months earlier, and I went through my house like a tornado. I thought I knew it all. Then I realized there was too much stuff. Where to go from here? Then a friend told me about CLA. I coincidentally joined during the declutterthon at Thanksgiving 2022. I think it was in April 2023 when I started moderating. I became familiar with the Recovery Affirmations and learned what their purpose was. I love them, and I know you will too. Until next time,

DD, CA

About WSO *(continued from page 5)*

- Archivist—Maintains financial reports and records, as well as meeting minutes and recordings, agendas, and committee reports and makes them available as needed.

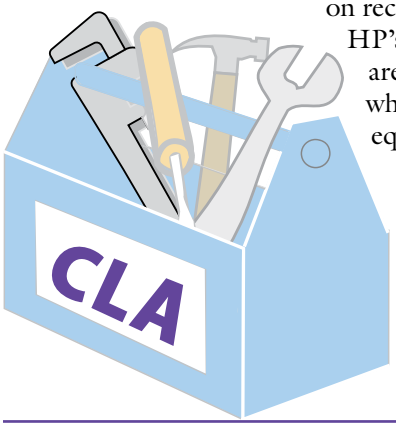
For a complete listing of duties, as well as requirements for officer positions, visit https://clutterersanonymous.org/wp-content/uploads/2022/07/CLA-WSO-Bylaws-Article-VI-Elections-and-Officers-02222023.pdf.

My CLA Toolbox *(continued from page 2)*

telephone, it helps us to feel less alone, gets us out of isolation, and lessens our shame. We hear our HP talk through others and hear guidance. Also this is service, and helping others helps us.

Sponsorship—When we are in CLA for a while, we can start to look for a sponsor or a Step study group so we can work the Steps. This is where we get to the heart of the spiritual solution. We look at how we got here and how to clean up our side of the street. HP often speaks through our sponsor or Step group. They let HP know that our intention is to deal with the clutter and the things that caused it. This Tool also helps us get out of isolation, lessens our shame, and helps us to see we are not alone.

Daily Action—You may wonder how decluttering one thing a day could help. Well, it is a beginning and helps us to feel that we have accomplished something. We are releasing things, and it can snowball into releasing more because it becomes easier the more we do it. This Tool lets HP know our intention is to work on recovery; and, as we start to hear HP's voice and inner guidance, we are led to do more. And, guess what? Doing one thing a day is equal to 365 things per year!



Earmarking—What a great idea! When we start to have empty space, it helps us to unclog our brains and think more clearly. It also puts out an intention to HP that we are serious about decluttering. This Tool ensures that there will be less clutter as we go on. And we can finally find things!!!

Focusing—When we focus on one thing at a time, it helps us to finish what we start, which is the completion cycle. It also puts out to our HP that our intention is to declutter. This Tool also helps to unclog our brains.

Streamlining—This is where we start to set limits on our possessions. Discarding unnecessary objects helps us clear our minds. This also shows our HP that we have the intention to have less stuff. This Tool helps us to maintain our spaces and ensures that we won't have as much clutter in the future.

So these Tools do have the quality of being concerned with the human spirit and soul. They help us with awareness, which is essential to recovery. They help us get out of isolation, learn we are not alone, and see that people do recover. They help to lessen our shame. They help us hear our HP and inner guidance. They put our intentions to work on recovery out to HP. They help to unclog our brains. They help us give back to other clutterers. And most of all, they help us to heal our hearts and minds. This is why I believe the Tools are spiritual and are essential to our recovery.

Ruthe S., PA

Spotlight on Service *(continued from page 3)*

procuring speakers and volunteers, and ordering food, with others in the group doubling their duties in order to back each other up. In between meetings, many emails were sent and phone calls made.

During our planning time we had several glitches. One key person, who was sick, resigned more than once, leaving us stranded in her area of expertise; one individual couldn't show up to CFD, leaving us without him as a leading volunteer on the day; and one major player became ill for a couple of weeks leading up to the day. We could find only eight speakers instead of nine, without any backups; and then the day before the event, another speaker acquired some sort of injury and opted out.

Despite these problems and more that happened on CFD itself, we managed to bring about a fairly successful occasion. So if you went to CFD, either in person or virtually, and you have ideas of how we could improve, please bear in mind that next year we could use your help!

Alison B., NJ

CLArity Box *(continued from page 5)*

- The first Tool that can help is Meetings. When you attend meetings, you can hear people's experience, strength, and hope and learn you're not alone. By listening to other group members' shares, you may hear things that have worked for others that might help you.
- Telephone: At meetings, some people give out their contact information, and you can reach out to them for support between meetings.
- Bookending is when we call someone before and after taking difficult steps in our recovery. Some people use it before and after any action because it helps them be accountable.
- Buddies are CLA members who we can contact to share our daily plan or ask for help.
- Daily Action: This is doing at least one small thing each day toward our goal of decluttering.
- Look for a sponsor or join a co-sponsoring group to guide you through the Steps.



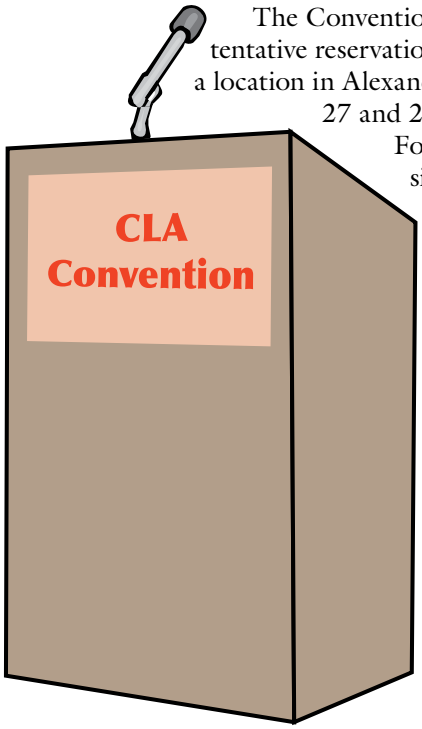
There are six other Tools that can be useful as you go along in your recovery. Keep coming back.

Graphic

CLA WSO has approved the following graphic on Bookending. See "News Flash" on page 2 for more information.



Convention News



The Convention Committee has made a tentative reservation for the 2025 convention at a location in Alexandria, Virginia, for September 27 and 28.

For those interested in sightseeing, Alexandria is a short subway ride from Washington, D.C. It is served by the Ronald Reagan National Airport and the Alexandria Amtrak Station.

More details about the convention will be decided at a later date. Check https://clutterersanonymous.org/events/convention/ periodically for updates about the convention.

CLA*rity* and eCLA*rity* Subscription Changes for 2025

All newsletter subscriptions will now be offered on a calendar year basis concluding at the end of each year, regardless of start date. Annual subscriptions will include four issues—Spring, Summer, Fall, and Holiday.

Current subscriptions expiring prior to the 2025 Holiday issue will be given the option to renew through Holiday 2025 or Holiday 2026.

More details will be provided to each recipient as their subscription ends.

For questions, please email treasurer@clutterersanonymous.org.

In Appreciation

The CLA*rity* team thanks everyone for supporting the newsletter. Our appreciation goes to our latest subscribers from Arizona, California, Colorado, Michigan, New Jersey, and Tennessee.

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

Welcome to CLA*rity*

CLA*rity* 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 CLA*rity*, 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 CLA*rity* with a friend.