



Time for Art - 5 Alive Phone Meeting Format

Welcome to the (time) Time for Art – 5 Alive meeting of ARTS Anonymous. My name is _____ I am a (state your art) I will be the moderator for this meeting. Would those of you who wish to, after a moment of silence for those artists who still suffer, please join me while I say the Serenity Prayer

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.

Arts Preamble

A.R.T.S. Anonymous is a fellowship of artists who share their experience, strength, and hope with each other that they may recover from their common problems and help others to surrender to their creativity. The only requirement for membership is a desire to fulfill our creative potential. There are no dues or fees for A.R.T.S. membership; we are self-supporting through our own contributions. A.R.T.S. is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to express our creative gifts and help others to achieve artistic freedom.

A.R.T.S. Sobriety

A.R.T.S. bottom line sobriety begins with a humble daily action to pick up one's creativity "one day at a time." Members are asked to do no less than five minutes of art every day.

Weekly Times For this Meeting

This group meets weekdays Monday thru Friday at

5:30 to 6:00 am

6:00 to 6:30 am

6:30 to 7:00 am

7:00 to 7:30 am

12:00 to 12:30 pm

There is also an 8:30 to 9:00 pm meeting that meets Monday thru Thursday.

On weekends Saturday and Sunday, there is a

6:30 to 7:00 am

12:00 to 12:30 pm and

8:30 to 9:00 pm

Check In

We'll start with a very brief check-in to state our names, our art or arts, where we're calling from, how we feel, and what we are going to work on. It's not a time to share. We want to make sure to have at least twenty minutes to work on our art, then we'll check out briefly. I'll begin the check-ins, and then all those who wish to can jump in after.

Artist Prayer

Great Creator,

I acknowledge that your desire to create is infinite,

and that I share in this process as both your creation and co-creator.

Please remove from me any obstacles,

so that I might become a clear and deep channel

to carry your love, your beauty, and your inspiration, to those who seek them. Amen.

Begin Working

We'll now begin working for up to twenty minutes. Good luck and 5 ALIVE! Please mute *6

6 Minutes Before Closing

We have about one-minute left, you may want to consider wrapping up.

5 Minutes Before Closing

It's time. If you like, please check out with one sentence about what you accomplished and how you feel about your accomplishment.

7th Tradition Announcement

The seventh tradition states: We are self-supporting through our own contributions. What is this meeting worth to you? You can donate through the A.R.T.S. website. www.artsanonymous.org. There is a Donate button on menu bar. Choose either Phone Meeting Contribution or become a Sustaining Member of A.R.T.S. for \$5 or \$10 or more a month – this is an automatic bank transfer. A.R.T.S. needs a steady stream income. What is this meeting worth to you?

Closing Prayer

In closing, I would like to say that no matter how distanced we feel from our creative sources, no matter how long it has been since we were in touch with our creative spirit, or how feeble may seem our creative impulses, they are reawakening in our Higher Power's time, through this program and through our actions, no matter how small or how simple, a day at a time. I may not be able to see my own growth, or even to see my creations as beautiful, but I am able to see yours as inspiring and enriching my emotional, spiritual and physical world. We are not recovering to hide our light under a bushel; our creative gifts are a gift. To celebrate them, we humbly apply ourselves, sometimes to the work of art and sometimes to play. May A.R.T.S. ANONYMOUS teach us that our art, celebrated, will benefit and feed our own souls first, and the world's second, for the world hungers as much for this beauty as for food. We meet here together to feed this deeper hunger.

Please join me in saying the 'we' version of the Serenity Prayer:

Serenity Prayer

God,

Grant us the serenity to accept the things we cannot change,
the courage to change the things we can,
and the wisdom to know the difference.

The meeting is now closed. 5-Alive everyone.