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## **P.L.A.N. W.I.T.H. A.R.T.S.**

**P.L.A.N.** Professional Long-term Actions Now --

**W.I.T.H.** Whatever It Takes, Honey --

**A.R.T.S.** Artists Recovering through the Twelve Steps --

**OPENING STATEMENT:** Welcome to P.L.A.N. W.I.T.H. A.R.T.S. The purpose of this meeting is to provide a safe place to share our weekly actions regarding our long-term commitment to our **professional project** that will one day be fully visible to the public, beyond and separate from A.R.T.S. meetings. The participants in this meeting maintain the focus of their share on their project. Our success as a group and as individual members lies with the actions we take to achieve to our purpose.

### **A.R.T.S. 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 problem 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.

The group recognizes that the creative process is almost never a straight line. Our commitment is to be willing to follow wherever the project leads us, to surrender to its natural flow, to show up for the next appropriate action, and to trust that our Higher Power knows the way to fulfill our commitment. Our commitment is to take actions each week and to keep the Faith, no matter what! ***Whatever it takes, Honey!***

This is not a general share meeting. No A.R.T.S. literature is read in this meeting. It is not a good meeting for beginners. This is a hybrid A.R.T.S. meeting for those who have professional projects. At first you may not know if you are right for this group. No matter. Come back and share up for 5 minutes for six weeks after which you will need a project before you can share at all. Every regular member has committed to a long-term profession/public oriented project and filled out a Master P.L.A. N. Commitment Contract. If you have not decided on a project after six weeks, you may attend but you will not be allowed to share. If you need help in determining your project, ask someone in the group to help you. Master P.L.A.N. Contracts are on the table.

### **HOW TO GIVE FEEDBACK:**

Every member is expected to give positive feedback even if it is very simple, such as “your process amazes me.” Feedback is always supportive, never negative. We do not give advice, judge, or doubt another’s progress. In feedback there are **No questions. No answering. No crosstalk.**

Questions give the message that your share was not clear and also puts the focus back upon ourselves to be fixed. Feedback is about giving to the person sharing, giving encouragement and appreciation. It is never about ourselves. If you cannot give appropriate feedback and feel uncomfortable, then this meeting is not right for you.

For the safety of the group angry outbursts are acceptable. Repeated outbursts will be responded to with an email requesting you not come to this meeting again. Please be responsible for your feelings and not upset others.

### **P.L.A.N. AFFIRMATIONS:**

1. Praise the Gifts.  
Be grateful for your process.
2. My recovery is in the actions I take for my project -- no matter how small.
3. The world rewards actions -- not intentions.  
Take action.
4. Never laugh at anyone's dreams.
5. Creating is a state of prayer, a communion with the Infinite Creator.
6. If we don't give our gifts life, they will go with us to the grave.
7. Keep your focus on your process -- not the results.
8. Don't just talk the talk -- walk the walk.
9. In Texas, they say "you can't drive the Brahma bulls in a straight line. You have to drift them." The same is true for the creative process: you can't drive it in a straight line. You have to drift with your process and then it will take you there.
10. We were not given to get.  
We were given Gifts, so we could give.
11. Projection is emotional involvement with a possibility –  
stay in the facts.
12. I trust that everything I strive for will be taken care of -- without worry, hurry, or trouble.
13. Do not give up what you love for something more sensible.
14. A dream is a wish that your heart makes.

15. You are not alone.  
You are one with God and the universe.  
You are enough.
16. Unconditional respect for each other's creativity means  
giving 100% support for each other's creative process.

### **TIMING POLICY:**

In this meeting each person shares for eight minutes on where they are in their process with their long-term commitment and then takes five minutes for feedback. If there are more people than time allows then sharing time is cut back but NEVER are member shares to drop below 5 minutes. Feedback time can be cut back to 1 minute. Please be mindful that everyone in the group wants to give feedback in the time allotted. So if there are a lot of people be BRIEF. If there are a lot of people, some may not get to share.

Do we have a volunteer to keep time? Thank you \_\_\_\_\_ We will now begin. Who would like to go first?

Midway through the meeting take the Treasurer's Break.

### **TREASURER'S ANNOUNCEMENT :**

The 4th Tradition reads: **Each meeting should be autonomous except in matters affecting other meetings or A.R.T.S. as a whole.** We pass around two envelopes. The first is for our rent which is \$ \_\_\_\_\_. The second collection is for "A.R.T.S. as a whole." The A.R.T.S. central office depends solely on member donations. Please give generously so we can keep ARTS alive for the greater fellowship, for ourselves, and for the artists who still struggle. May ARTS ever remain a beacon of hope and support for all members as we strive to fulfill our creative potential.

We have come to the end of our meeting. Who would like to read the closing prayer?

### **A.R.T.S. 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 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, physical, and spiritual world. We are not recovering merely 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.

Let us close with 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.

Thy will, not mine be done.