

OPEN SHARE/LITERATURE FORMAT THURSDAY 4 PM
COMEDY ARTS ANONYMOUS MEETING

"Will all who care to, please join me in 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."*

Leader introduces self to group;

"Hi, my name is _____ and I am a _____ (State your Art.) I will now read the A.R.T.S. PREAMBLE.

"A.R.T.S. ANYONYMOUS is a fellowship of artists who share their experiences, strength and hope with each other that we may recover from our common problems and help others 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're 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."

Ask someone to read: The Twelve Steps The Problem and the Solution
Cross Talk Provision A.R.T.S. Traits A.R.T.S. Tools

"Are there any newcomers today? Not to embarrass you, but so that we can get to know you better, will you give your first name and your art?"

"The phone list is being passed around. This is a voluntary phone list, to be used between meetings to keep in touch with fellow members for support. Please feel free to jot down any names and phone numbers after the meetings, of anyone you identify with. Would all available A.R.T.S. Sponsors please raise your hand?"

"Now, we'll go around the room and introduce ourselves by our first name and our art."

Leader now qualifies (about 10 minutes). Tell briefly what brought you to A.R.T.S. and how it's helping you.

"The format of this meeting is an Open Share/Literature Topic, which means that anyone is invited to share an achievement, problem or process, or ARTS related topic from our

literature. Please keep your sharing to 3 minutes or less so that everyone has a chance to share. We will have a time keeper to help us with this. Feel free to finish your thought if the timer beeps when you are still speaking.”

“We encourage newcomers to ask questions about the COMEDY ARTS Program.”

“The 4th Sunday of the month is Share-A-Thon. Please feel free to bring your Art to share at this time and to receive OPTIONAL FEELBACK.”

“There is no cross-talk, so please raise your hand each time you wish to share and the leader will call on you in turn. Remember, WE DO NOT GIVE ADVICE. We give support and share OUR experiences, strength and hope as related to the 12 Steps of ARTS ANONYMOUS.” “I will now read the ARTS ATTITUDES:

We follow the time structure of the meeting, restricting our sharing and feedback to limits determined by the group conscience.

We do not name-drop. We are not here to impress, compete or compare. We maintain the tradition of anonymity in all our sharing.

In speaking and responding to fellow members, we share our experience, strength and hope. We do not judge, criticize or argue. We foster an attitude of unconditional respect for each individual’s creativity.

In this meeting, we do not give advice. Please share with us your experience, strength and hope. Stay with the “I” statements, such as “I did this, and here were my results.” Avoid “you” statements like “you should do this” or “why don’t you try that.” If you fall into advice giving, the secretary will gently remind you to share only from your experience.

“Is there anyone who would like to share?”

AT () “Now we’ll go around the room one more time and have the opportunity to make a commitment to our art. It’s okay to pass. Please be brief.”

7th Tradition: “we have no dues or fees, but we do have expenses for rent and literature. The basket will pass for voluntary contributions. Newcomers need not contribute.”

Ask someone to read the Twelve Traditions while the basket is being passed.

“Now I turn the meeting over to the Secretary for 5 timed minutes of announcements.”

“Could I have three volunteers to be sure the doors are closed, (and put away chairs)?”
“The opinions expressed here today are strictly those of the individuals who gave them. Take what you like and leave the rest. The things you have heard here are given and spoken in confidence and should be treated as confidential. If you 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. Instead let the understanding, love and peace of the program grow in you one day at a time.”

I will now read the ARTS Closing Message.

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 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 ARTS ANONYMOUS teach us that our art, celebrated, will benefit and feed our own souls first, than 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.

Will someone please read the 3rd Prayer Step

“After a timed full minute of silent meditation, will all who care to, join me in the Serenity Prayer?”

Please remember to collect the handouts and put them back in the book.

THANKS FOR LEADING!!

The Problem

We are unable to express our creativity in a satisfying way, yet we are unable to abandon our creative ambitions. The hallmark of our condition is avoidance. We invest ourselves in lifestyles incompatible with our artistic purpose. We have found that character defects are largely responsible for our difficulties as artists.

The Solution

We recognize a power greater than ourselves as the source of creativity. We realize that our creativity is not a burden but a gift to be shared. Since the results of our efforts are in the hands of a higher power, we no longer avoid, worry, or try to control our creativity. Neither do we judge it. We also recognize the value of persistence and commitment to the often difficult process of creativity. Now confident and trusting in ourselves as artists, we grow spiritually, and so become effective stewards of our talents. As a result of our recovery, we are gentle with ourselves and offer loving support to our fellow artists.

THE 12 TALENTS

1. We grow in an atmosphere of affirmation and conviction that artist expression is essential to our existence and is part of our unique contribution to the world.
2. We realize any given day is an opportunity to express our creativity, or to plan the artistic endeavor.
3. We turn our lives and our art over to the Higher Power, recognizing that without the aid of the mystic force, we are lost. We immerse ourselves in our art, refusing to be diverted from our creativity by any destructive compulsion, and invest ourselves in lifestyles that nurture our creativity.
4. Being true to our inner selves, we strive to maintain a balance in the significant areas of our lives, focusing on being physically fit, financially stable, socially fulfilled, lovingly engaged in relationships, and involved with our families, while growing spiritually and expressing ourselves creatively.
5. Seeing the tape of societal myths that play in our heads for what they are, we realize them, realize that we, as individuals, have something unique to contribute and that, with the help of our higher power, we have what it takes to express that something.
6. We rejoice in the success of other artists and find ourselves encouraged that we, too, will find fulfillment through our creativity.
7. We are committed to our art, and pursue avenues that may lead to our ability to earn a living by means of our creativity. We explore methods of determining the monetary value of the art, recognizing that we are living in a world where money is an exchange of value necessary to our survival.
8. As our art becomes more and more real to us, we enthusiastically follow our dreams. We feel entitled to our right work and deserving of the happiness that our right work will bring to us.
9. With the help of our Higher Power, we hold ourselves responsible for fully developing and realizing our talent, that God-given ability within us, which can give us the freedom and joy we deeply desire.
10. Being multi-talented, we explore each of our abilities, together or at different times, taking joy in the fluidity with which we move from one to another. Each ability is a facet of our true artistic vision, and each contributes to the whole.
11. We let go, aware that the process itself is a learning experience, and may well prove more fruitful than the result of the project. Time and the outcome are in God's hands, not our and we bless each day that we are given to pursue our art.
12. Trusting our intuition and artistic instinct, we are aware of ourselves as channels for the infinite creative process. Deeply grateful for our part in the expression of creative energy, we offer our art as a gift to be shared.

CrossTalk

“CrossTalk” has been defined in some twelve-step meeting as any response made by a member of the group during someone else’s share, whether it be nodding, laughing, or talking.

In A.R.T.S., we consider spontaneous laughter and nodding of heads in response to someone else’s share to be normal, human, and acceptable. The same would probably go for spontaneous applause. The kind of crosstalk that threatens the safety of the meeting involves verbal interjections--that is, saying anything while someone else is sharing.

So that all meeting participants may feel free to share their experience, strength, and hope in a safe environment, verbal interjections during someone else’s share will be considered unacceptable crosstalk during a meeting.

During Share-A-Thon meetings, those sharing their art may solicit comments from the group. Such comment is not crosstalk.

A.R.T.S. Traits

1. We grew up in an atmosphere of invalidation, which resulted in ambivalence about our artistic expression.
2. In any given twenty-four hour period, we find ways, consciously or unconsciously, to avoid doing that which gives us the most joy -- expressing our creativity.
3. We have withdrawn from our art by investing ourselves in lifestyles, relationships and work activities incompatible with our artistic purpose. Our creative energy has often been diverted into destructive compulsions toward alcohol, food, sex, money, drugs, gambling and preoccupation with the past.
4. We have made needless sacrifices for our art and yet are afraid to make the necessary sacrifices. We are unable to balance the significant areas of our lives -- Physical, Financial, Social, Love, Family, Spiritual and Creative.
5. Self-defeating thoughts and societal myths turn in our heads: It's too late -- I'm too old -- I'm not ready -- I am not enough -- Art is not practical -- Artists are neurotic -- You'll starve. We have accepted these as true when, in fact, they are not.
6. We have felt intimidated by other artists' success. Jealousy, envy, fear, self-pity, perfectionism, resentment and other character defects block or creative expression.
7. We stand always on the edge of a beginning, afraid of commitment. Fearful of pursuing our creativity as a means of earning a living, we are caught in the Amateur syndrome. The concept of supporting ourselves through our art has seemed overwhelming. We are unable to determine the monetary market value of our art.
8. We have thought of our art as divorced from reality, denying ourselves the right to follow our dream. We forget that artists are entitled to their right work and deserve the happiness and success that right work brings.
9. We deny our responsibility to fully develop and realize our talent. We do not feel worthy of the success we achieve or desire. We feel like a fraud.
10. Being multi-talented, we have difficulty discerning our true artistic vision, making a commitment to it and establishing the priorities to fulfill it.
11. We have difficulty following through on projects and frequently sabotage our efforts. We want to work at our art but do not know how. We become impatient with the process, forgetting that the results come in God's time, not ours. Our time is unmanageable.
12. We have been afraid of our creative energy and have mistrusted our creative instincts. Lacking spiritual awareness, we have not seen ourselves as channels for the infinite creative process. Our art is a gift to be shared.

A.R.T.S. Tools

We use our tools to work the A.R.T.S. program and bring our art into the realm of reality. These positive disciplines are essential for us to live every day as the artists we are.

1. Affirmations

We identify ourselves as the artists that we are. "My name is _____ and I am a _____." This and other positive statements affirm our commitment and offset old invalidating tapes.

2. Meetings

We attend meetings to learn how the program works. We share our experience, strength and hope with each other.

3. Steps

We work the Twelve Steps of A.R.T.S. Anonymous.

compulsions which divert us from using our creative energy productively.

press, or at least nurture, our creativity in every 24-hour time period, accepting what we can do now, day where we are that day.

6. Art Buddy

An art buddy is a helpmate in recovery, someone we speak with daily to turn over what we have done or will do for our art today. This is an important step for many newcomers and worth the effort. Our art buddy may be someone in our field or in a different one.

7. Telephone

We use the phone to maintain contact and share our feelings with members of the fellowships between meetings. Talking on the phone helps both artists.

8. Bookending

We bookend by making calls before and after actions for our art. Verbalizing our thoughts and feelings clarifies our course of action and allows us to move through the process.

9. Action Group

We form mutual support groups of fellowship members to help each other develop an action plan and follow it through.

10. Action Plan

This is our personal roadmap for recovery. It includes specific actions to take for the development of our art and of ourselves as artists. It may also include a plan for realizing our professional aspirations and achieving balance in the significant areas of our lives.

11. Creative Inventory

We take a written inventory of our artistic efforts and accomplishments since childhood. We also make a list of our creative goals, what we want to do in our art.

12. Prayer and Meditation

We work out 11th. Step, seeking "through prayer and meditation to improve our conscious contact with God, as we understand Him, praying only for knowledge of His will for us and the power to carry that out." We ask to become channels for God's infinite creative process.

13. Literature

We use A.R.T.S. literature. We use A.A. and other Twelve Step Program literature. We use inspirational material from many sources.

Service

We give service to the fellowship through holding office and participating in committee work; by replacing chairs and doing cleanup detail. Service expands our commitment to our A.R.T.S. recovery. Putting the common welfare of the fellowship before our own needs helps us maintain a humble spirit and heals us from grandiosity, low self-esteem, isolation and self-indulgence. It teaches us how to work with others, compromise, lead and work through problems. A.R.T.S. could not exist without the service of its members.

Anonymity

We practice anonymity by respecting the confidential nature of members' sharing. Who and what we see and hear at meetings is not repeated outside the meeting. We also maintain anonymity on the level of press, radio and TV.

THE TWELVE STEPS OF A.R.T.S. ANONYMOUS

1. We admitted that we were powerless over our creativity—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 to our will and our lives over to the care of GOD as we understand God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to god, to ourselves, and to 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 had harmed, and become 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 knowledge of god's will for us, and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principals in all of our affairs.