

These literature format documents are still in development

No. 1

A.R.T.S. MEETING FORMAT

Literature Discussion and Personal Shares

Step One Essay.

First Seven Paragraphs

Format includes Master P.L.A.N. Contract: 2013

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

Welcome everyone to this A.R.T.S. meeting. The first half of this meeting is focused on A.R.T.S. literature with two group discussion questions and the second half of this meeting is given to personal shares. Let us start with a group recitation of the Serenity Prayer:

SERENITY PRAYER

God, grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.

Today's reading is from the A.R.T.S. First Step Essay, from the first seven paragraphs with two group questions..

STEP ONE: We admitted we are powerless over our creativity – that our lives had become unmanageable.

“Powerless over.” What does it mean? What does it imply? Is it a weakness? Are we weak because we do not have control over our gifts and inspiration? There is so much life that we humans cannot control. Let's acknowledge this truth.

We are powerless over Nature -- the currents, tides, wind, and volcanoes. Did you know that there is a fresh water river that circles west to east around Antarctica, called the West Wind Drift? This current powers west 130 million cubic meters of water every second. Think about the earth's continental plates, which move about 7 inches every year. A quarter inch here; an inch there. In 100 years, each plate has moved 700 inches or 58 feet...but not in a straight line. In 1,000 years, all the continents will have moved about 580 feet. In 5,000 years each will have moved 2,900 feet and in 10,000 years, 5,800 feet. The earth is 4.6 billion years old. We may discover how something works in Nature and why it works, but we do not control it. We may harness forces of Nature to make something – we quarry limestone, which was created millions of years ago when a great sea dried up, so we can carve a lintel to put on top of a wall. We might build gigantic windmills to harness the power of the winds to make electricity, but we don't control the winds or the millennium when the dying sea made limestone. And how about the tiny atom, which is the foundation for everything all over the Universe? With all of these examples one has to feel awe, wonder, mystery, and an incredible force of creativity that is endless, timeless, transcendent, transformative, and bedded in all things.

Humans are also powerless over the minute they were conceived and the minute they will die. We are powerless over the century we were born in and the family tree we landed in. The genes that make up our bodies have come from two sources, our mother and our father. Both her and his DNA codes combined when we were conceived into one unique DNA chain, and it is not identical to either of them; it belongs

only to us. At conception we were given our human form: our eyes, our hands, our sex, etc. We were also given abilities to live a full and meaningful life. We were given great creative abilities – gifts. Not only is creativity in the genes of every human being, it is a force of nature, powered by inspiration. We had no say in what Gifts we received at conception. We have no say over that which inspires us. Our creative abilities will endure until our last breath is taken, and what we create might live on beyond our own life for generations to come.

Most beginners in A.R.T.S. are going to believe that all the negative reasons why they cannot be creative means they are powerless over their creativity. There is both a positive and a negative in the A.R.T.S. First Step. Being “powerless over our creativity” simply means we can never get rid of our creativity. We are creative and we want to create something meaningful that does not exist in the world. Our creativity is a positive, life affirming force that flows through us.

Group Question: *What did you think it meant to be powerless over your creativity?*

The second part of Step One is: “that our lives had become unmanageable.” The unmanageable aspects of our lives are blocking our creativity, and all our negative reasons for not creating are controlling our life.

Our Twelve Step journey together is to remove our paralyzing fears blocking our creativity so that our gifts can flow. We can never change the fact that we are artistically gifted and we have a need to express our creativity. We can change what is unmanageable in the way we think and the way we live, but we can never change our need to create -- it will never go away as long as we live.

Each person is unique, one of a kind and. Their gifts are one of a kind. Everyone is gifted. While not every human being is driven to give expression to their creativity, for some art is a calling, a profound need that should not ... and cannot ... be denied. How is it then that some artists will never give themselves permission to live the life that their genes were destined for?

Group Question: *Name one unmanageable block that you struggle with.*

Our reading for today is over.

The first Step in A.R.T.S. is both a positive and a negative. We will always be powerless over our creativity. What is unmanageable is our life, which is not in sync with our creative process.

Sobriety in A.R.T.S. is doing no less than five minutes of art every day. There is a Master P.L.A.N. Contract 2013 on the last pages of this meeting format or on the table. If you are new to A.R.T.S. please take a P.L.A.N. to fill out. If you need help filling it out, as someone to help you

We will now have the Treasurer' Break:

TREASURE'S ANNOUNCEMENT

We have no dues or fees. The first basket is for our rent. The second basket is for World Service. A.R.T.S. is self supported through members contributions. Please be generous. A.R.T.S. could not exist with the service and financial support of its members.

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We will now go to personal shares. When you begin your share please state:

Your name

Your art

Your art victory for the week

How many days out of the week did you do five minutes of art or more.

Your long term goal/P.L.A.N. for your art

Begin sharing.

It is now the end of our meeting. Will someone volunteer to read the A.R.T.S. 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 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.

Let us close with the Serenity Prayer:

SERENITY PRAYER

God, grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.

YOUR 2013 *Master* P.L.A.N.

ACTIONS *and* COMMITMENT CONTRACT

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

“There is no use trying,” said Alice; “one can’t believe impossible things.”
“I dare say you haven’t had much practice,” said the Queen. “When I was
your age, I always did it for half an hour a day. Why, sometimes I’ve
believed as many as six impossible things before breakfast.”

“Alice and Wonderland”

Lewis Carroll

A P.L.A.N. member must fill out and sign this paper stating what his/her professional, long-term, public-oriented **project** is. P.L.A.N. members have a well defined project and a clear goal they are striving for. Sometimes it is easier to figure out your P.L.A.N. project and long term goal if you start with the task breakouts first on the next page. P.L.A.N. shares are not ARTShare because P.L.A.N. shares in meetings receive meeting feedback and an ARTShare does not.

MY 2013 SIGNED CONTRACT WITH MYSELF

My professional, long-term, public-oriented **project** is:

A plan without a date is a dream. A plan with a date is a goal. The following five action tasks are integral parts of your project. They do not have to be accomplished in order: Put down the date by which you would like to have this task accomplished and then forget about it. Things happen in God's time, not ours.

TASK 1. _____ BY WHEN _____

TASK 2. _____ BY WHEN _____

TASK 3. _____ BY WHEN _____

TASK 4. _____ BY WHEN _____

TASK 5. _____ BY WHEN _____

In Texas, they say "you can't drive the Brahma bulls. 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.

Remember that the creative process is never a straight line. These tasks do not have to be worked in chronological order. Work where you are inspired. Trust that the creative process always knows the way forward and will take you where you want to go. Working at your art should not a chore. Creating is a joyous experience.

Please sign and date your contract.

NAME

DATE

As you build your action plan, break each task into four actions that you need to take to accomplish that task.

TASK 1. _____

- a.
- b.
- c.
- d.

TASK 2. _____

- a.
- b.
- c.
- d.

TASK 3. _____

- a.
- b.
- c.
- d.

TASK 4. _____

- a.
- b.
- c.
- d.

TASK 5. _____

- a.
- b.
- c.
- d.

MY LIFESTYLE 2013 P.L.A.N.

My dream lifestyle is:

I would like my work environment to _____

I would like my home to be _____

Physically, I would like to _____

I would like my financial situation to _____

I would like to expand my social life by _____

I would like the love that I give and receive from my intimate relationships to be _____

I would like my family to _____

I would like my spiritual life to _____

I would like my creativity to _____
