

FORMAT FOR CLOSED B2B CANDLE LIGHTING CEREMONY

This meeting lasts 60-90 minutes, depending on how many members are participating.

Please ask 3 members to lead the opening and closing prayers and the Big Book reading at the end of the meeting.

Note: If possible, please conduct this meeting **without screen sharing**, ensuring that each Group Sponsor has their own copy of the materials. This approach allows for greater connection among participants, as screen sharing can disrupt our interactions.

A

Welcome and Agenda Overview

Welcome to the Candlelight Ceremony for Media Addicts Anonymous, "Back to Basics — A Design for Living," our final and celebratory meeting. Today marks the culmination of our journey together. We've taken all 12 Steps, and now we gather to celebrate your accomplishment and prepare for the next phase of recovery and personal growth.

**[name]** Would you lead us in the WE VERSION of the 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.

B

At the outset, we each made a commitment to the group and to ourselves to fast from unnecessary media, work through the steps, and show up to our meetings to the best of our ability. These commitments you have all honored. Congratulations, we acknowledge your dedication.

A

Remember, we'll always need this program. As we move further from the compulsion to indulge in media, we might be tempted to rationalize that we are cured. We are not. We must stay vigilant, remembering who we are and why maintaining our spiritual fitness is crucial.

B

Take a moment to look around you. These are the individuals who have supported you over the past three months. We've cheered for you, cared for your sobriety as if it were our own, and celebrated your triumphs while standing by you during challenging times. Let's recognize the special bond we share.

A

We've survived this journey together—a feat impossible to achieve alone. We owe gratitude to everyone here for maintaining this space of recovery and committing to it daily for the past 90 days. Thank you all for your devotion and generosity with your time and experience.

(Take time to look around the room and acknowledge everyone)

B

Here's how our Candlelight Ceremony will unfold:

1. Guided Meditation: We will begin with a short guided meditation.
2. Sharing Responses: You will be asked to read your answers to the 12-step questions you prepared for today. Please ensure you have them with you.
3. Candle Lighting Ceremony: Next, we will proceed with the candle lighting ceremony.
4. Graduate Reflections: Each graduate will have three minutes to share their gratitude and reflect on their experiences.
5. Closing Prayer: We will conclude with the Prayer of Saint Francis.

A

Guided Meditation

- Please Sit in a comfortable position and close your eyes.
- Take in a deep breath and let go of anything in your life that you are feeling responsible for or worrying about.
- Just give it all to God and call your spirit home to be in this present moment.

(Pause 10 seconds)

- In this present moment, accept yourself just as you are.
- At this moment, accept other people just as they are.
- At this moment, accept your life just as it is.
- Melt into this acceptance and feel your heart open.
- Feel your heart open into life and love.

- See how perfect your life is when you let go of any judgments or expectations.

(Pause 10 seconds)

- Relax your whole body.
- Relax your belly.
- Find places in your body that feel tight and ask them to release.
- Be completely relaxed.
- It is safe to relax.
- It is safe to let go.
- Let go and see that your body breathes itself.
- Let go of knowing.
- Let go of doing.
- Let go of having to be anybody.
- Let yourself just be the breath, the inhalation, and the exhalation.

(Pause 10 seconds)

- Now go back to the beginning.
- Go back to the first time we met in the Back to Basics commitment meeting.
- See where you were sitting.
- What room were you in?
- What was going on in your life at the time?
- What did it feel like that first night?
- What were you thinking?
- Tune into yourself and remember that first time of our Back-to-Basic meeting.

(Pause 20 seconds)

- Go now to the hardest day in the last three months.
- Go to the day that felt dark and impossible.
- Notice how you were feeling; what you were thinking.
- Re-live that day and watch how you got through it.
- Where were you helped and by whom?
- Where was your Higher Power on that day?
- What lessons did you learn that day?
- What made that day so hard?
- Why was it important you had that lesson?

(Pause 20 seconds)

- See how you were heroic.
- See how you didn't give up.

(Pause 10 seconds)

- Now please go on your most joyful day of the last 90 days.
- What was going on that made you happy?
- What was your state of mind?
- What were the factors that led up to this joyful experience?
- See it and remember it as clearly as you can.

(Pause 20 seconds)

- Now, look at these last 3 months as a whole.
- Notice all the places where you were being guided and led.
- Where did your Higher Power do for you what you could not do for yourself?
- Where did you find the strength to keep going and not quit?

(Pause 20 seconds)

- What miracles happened along the way?
- How did you start to connect differently with other people?
- How did you start to find joy and fulfillment in the vitality of life rather than in media?

(Pause 20 seconds)

- Where do you go from here, from this moment?
- How will you keep what you have?
- How will you keep up?
- What do you want your future to look like?
- Open your heart and let your Higher Power guide this vision.
- How will you serve others in this fellowship?
- How can you be an agent for higher consciousness?

(Pause 20 seconds)

- See yourself moving ahead without struggle.
- See yourself moving ahead with support and grace from your Higher Power, feel blessed.
- See yourself moving ahead with the love and support from this fellowship.
- See your contribution matter.
- See the beauty of what you are creating.

(Pause 20 seconds)

- Now slowly come back into your body.
- Come back into the present moment.
- Rub your hands together and place them on your heart.

- This is the universal gesture of self-love.
- Thank yourself for everything you did to get yourself to this place right now.
- Thank yourself for never giving up.
- For showing up.
- Be proud of yourself.
- Feel the group be proud of you.
- Feel yourself be proud of the group.

(Pause 20 seconds)

Now open your eyes, look around at the others in our group, and smile. We did it!

B

Answering the 12-Step Questions

Before we move on to the Candlelight Ceremony, we would like to provide some time to review what you have accomplished in just three months. We ask your sponsor (if they are here) to read you the questions we sent you to prepare. Please read only what you wrote. Remember to keep your answer concise so we can finish on time.

Note: (If there are multiple sponsors, please take turns with the questions, the candidates will all answer the first question before they go on to the next one.)

[Put the questions into the chat]

Step 1 — (Name)

Have you honestly admitted that you are a media addict and accepted what that means?

In one sentence, what does being a hopeless media addict mean to you?

Step 2 — (Name)

Have you found faith in a Higher Power and been restored to sanity regarding your media use?

In one sentence, what does this sanity look like for you today?

Step 3 — (Name)

Have you turned your will and life over to the care of your Higher Power, and do you feel a new connection and guidance?

In one sentence, what does it feel like to be cared for by a Higher Power?

Step 4 — (Name)

Did you find the courage to write down all your resentments, fears, and sexual liabilities?

In a few short sentences, what clarity did you gain from this process?

Step 5 — (Name)

Did you confess those resentments, fears, and sexual liabilities to another person?

In a few sentences, where did you find freedom in doing this?

Step 6 — (Name)

Were you willing to have your Higher Power remove the things within your character that have held you back from being free?

Have you been willing to surrender your alcoholic media to a power greater than yourself?

Are you willing to let your Higher Power take away any obsessions and desires for media?

Step 7 — (Name)

Have you allowed your Higher Power to love you warts and all?

Have you been willing to ask your Higher Power to remove your liabilities [self-pity, resentment, fear, selfishness, self-centeredness, dishonesty, false pride, jealousy, envy, and procrastination] and replace them with your assets? [self-compassion, forgiveness, faith, consideration, faith-centeredness, humility, trust, contentment, and action]

In one sentence, how has this led you to be more connected to other people?

Step 8 — (Name)

Do you find that you are considering others more?

Have you been able to forgive others?

Are you considering yourself more?

Have you been able to forgive yourself?

Step 9 — (Name)

Have you made clean amends?

If not all amends are complete, do you have a plan to finish them within a deadline?

In a few short sentences, where have you found integrity and peace through making amends?

Step 10 — (Name)

Are you willing to persevere in your program by continuing to take personal inventory and promptly admitting when you're wrong?

In a few sentences, what has been your biggest transformation from taking responsibility for your side of the street and making amends?

Step 11 — (Name)

Have you been able to deepen a relationship with a Power greater than yourself?

In a few sentences, where have you received knowledge and power from 2-Way prayer?

In a few sentences, where are you more aware of an intuitive thought and spiritual guidance in your life?

Step 12 — (Name)

Are you willing to generously give your time and energy to help others who still suffer from media addiction?

In a few sentences, where have you found gratitude and purpose in working with other members of MAA and Back to Basics?

Final Question

Do you absolutely insist on enjoying life?

In a few short sentences, how are you bringing fun, cheerfulness, and laughter into your recovery?

(Name each person) Congratulations, you have done the work to recover from media addiction and have been given the power to help others.

A

Preparation for Lighting the Candles and What the Candles Represent

We will now prepare to light the candles. Please place your three candles so that the larger candle is in the middle of the two smaller ones.

- The large candle represents your Higher Power.
- The light of this larger candle represents the ever-present light and all-knowing and all-powerful nature of the Source of Life.
- Your personal Higher Power has become your source of knowledge and power. This pillar symbolizes that powerful source.
- This candle represents the Second, Third, and Eleventh steps. In Steps Two and Three we decided to believe and trust in a God of our understanding.
- In step 11 we sought deeper connection and guidance with this Higher Power; became more conscious of this Power's presence in our daily lives, and began listening for Higher guidance.
- As we trusted our Higher Power we also received the power to take the needed actions. Therefore, the center pillar also represents POWER.

B

The Candle That Represents You

The candle on the left represents you: The SELF.

- It also represents Step One and Steps 4-10. These are the steps where you made admissions, became willing, and took action to know yourself and your addiction better.
- This pillar represents your liabilities and your strengths.
- It represents your gifts and your life purpose.
- It represents your life stories, which before recovery were full of despondency, depression, and self-loathing.
- After recovery, your story is now your special asset in helping other media addicts because only a real media addict will be able to relate to another real media addict.
- This candle also represents clarity and courage, by being honest about ourselves, we have become truly intimate with ourselves, and is the first step to self-love.

A

The Candle That Represents Others

The candle on the right represents others. The people we have been helping through the steps and those we wish to help in the future.

- It represents all the relationships we have in our life.
- This candle is a reminder of Step 12, that our spiritual awakening has a purpose: to carry the message of recovery to all who still suffer.
- It is also a reminder that we use all the principles of recovery in all the affairs in our lives. Whether someone is a media addict or not, we use our program to improve all of our relationships.
- This candle represents the new connection we have with others that we didn't have before recovery when we mainly connected to fantasy characters in media.
- This candle represents real, live people who we love and who love us.
- It represents the Media Addicts Anonymous group as a whole, whose future and success are in your hands.
- This candle also represents consideration and generosity, for those are the two assets that build long-lasting and healthy relationships.

B

Lighting the Candle that Represents a Higher Power

Please light the center pillar which represents your higher power. (pause for a few moments until every candle is lit)

- Think of all the ways your Higher Power has helped you through the 12-step process.
- Draw the light of the candle into your heart and hold it there.

(Pause for 10 seconds)

- Feel the love. Feel your Higher Power's grace. Feel the Power of the "One who has all power."
- Lack of power was once our dilemma. Now you have all the power you will ever need through your Higher Power.
- With this power, all things are possible.
- It is through this power that you will be able to continue to take personal inventory and, when you are wrong, admit it.
- It is through this power you will be able to help others and be of service to people who desperately need you.

A

Lighting the Candle that Represents You

Please pick up the candle on the left that represents you.

You are going to light this candle from the light of the middle candle, the candle representing your Higher Power. Light the candle by placing this wick close to the light of the God candle. (Pause)

- You are now shining through the grace of your Higher Power.
- You are using God's light to shine.
- God's light will illuminate your mind and heart and guide your way.

B

Lighting the Candle that Represents Others

Now that you have lit your candle with the Source of all Power, take the candle on the left and light it from the candle representing you. (Pause)

- Your light, which came from your Higher Power, can light the candle on the right.
- It is the spiritual light of your Higher Power that we use to lighten the way for others.
- It is through Higher Power's pure light that we serve others.
- It is through Higher Power's light we can connect with others.
- This is a reminder that we use the "Source of all Power" to guide us in helping and serving others.

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This Candlelight Ceremony may be done regularly as part of your morning or evening quiet time. It is a representation of the right order of things. Being right with God, then right with yourself, then right with others.

B

You notice that God's candle is the tallest; this reminds us to stay right-sized. Our candle and the other person's candle are the same, which reminds us that we are not better than or less than anyone else. As we light these candles every day, we recommit ourselves to taking Steps 10, 11, and 12 every day.

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Our graduates will each have three minutes to express their gratitude and share their reflections on the Back-to-Basics experience. Following that, we will invite Group Sponsors and guests to share their thoughts on witnessing this celebration.

(After everyone has shared)

___[name]___ Will you read this final passage in the Big Book:

"We realize we know only a little. God will constantly disclose more to you and to us. Ask [God] in your morning meditation what you can do each day for the [person] who is still sick. The answers will come if your own house is in order. But

obviously, you cannot transmit something you haven't got. See to it that your relationship with [God] is right, and great events will come to pass for you and countless others. This is the Great Fact for us....We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you—until then.”

___[name]___ will you lead us in the Prayer of St. Francis

The Prayer of Saint Francis
Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
Where there is injury, pardon.
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.
O divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to self that we are born to eternal life.

Congratulations ___(NAME EACH GRADUATE)___ you have completed the Steps and can now say you are a recovered (not cured) member of Media Addicts Anonymous.