

**Media Addicts Anonymous
STEPS AND TRADITIONS GROUP**

Half an hour meeting on Tuesdays at 12:15 p.m. ET
Zoom ID: 881 6683 9368 Passcode: 987162

Notes to Moderator:

- Please be in the meeting at least 5 minutes early.
- Read the BLACK text, and keep the meeting clipping along so we have more time for shares. Text in BLUE should not be read aloud.

Notes to Tech Person:

- Please share AA's Twelve Steps and Twelve Traditions (see: <https://www.aa.org/twelve-steps-twelve-traditions>).

GREETING:

Welcome to this half an hour Steps and Traditions meeting of Media Addicts Anonymous. My name is _____. I am a media addict and your moderator today.

SERENITY PRAYER:

Please un-mute and join me in the "we" version of the Serenity Prayer:

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

PREAMBLE:

Media Addicts Anonymous is an international fellowship of individuals who, through shared experience, strength, and hope, come together to find relief and recovery from media addiction. We welcome everyone who wants to stop using media compulsively.

There are no dues or fees for membership; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. MAA as a whole is not affiliated with any public or private organization. We have no opinions on outside issues, especially those concerning media. We neither endorse nor oppose any causes, political views, ideology, or religious doctrine.

We support all forms of media sobriety, including abstinence from electronic media, films, radio, newspapers, magazines, books, and music. We use AA's 12 Steps and 12 Traditions as adapted for Media Addicts Anonymous as our program of recovery and utilize the tools of MAA to clarify compulsive, obsessive, or destructive media-related behaviors and to develop strategies to improve our general quality of life. Our primary purpose is to abstain from personal addictive media one day at a time and to carry the message of recovery to other media addicts who still suffer.

MEETING FOCUS AND FORMAT:

We welcome all newcomers and hope you will keep coming back. Please stay for the fellowship time after the meeting so we can get to know you better.

In this short meeting we will take turns reading the 12 Steps and 12 Traditions of A.A., paragraph by paragraph, and then share, with a focus on media addiction. We will continue in this fashion until the close of the meeting.

TIMEKEEPER:

Who will be our timekeeper for today? Thank you, [Name].

A NOTE ABOUT SHARING:

[Moderator determines length of shares based on attendance —Example 2 minutes]

We will now read from the “Twelve and Twelve” paragraph by paragraph and share. We ask that whoever reads a paragraph shares immediately afterwards for up to 2 minutes (or more; moderator chooses), about what was read, or what was read earlier by others, or anything else to do with the solution for media addiction and recovery.

As you share your experience and strength in MAA, please also share your hope. If you are having difficulties with media usage, share how you use the program to deal with this. If you need to talk more about your difficulties and seek solutions, we suggest you speak to your sponsor and other members after the meeting.

Please avoid cross talk, which is defined as interrupting or directly addressing another speaker, commenting on someone's share, giving advice, or making suggestions.

Please abstain from naming media titles, specific media content, or current events.

Timekeeper, will you please let the person sharing know when their time is up. Whoever shares, please acknowledge the timekeeper and wrap up your share quickly.

Who would like to begin reading?

WRAP UP: after 28 minutes

That's all the time we have for reading and sharing today. If you did not have a chance to share, you can do so during fellowship time right after the meeting.

SEVENTH TRADITION: MAA has no dues or fees. We are self-supporting through our own contributions, which are for the development of MAA literature, costs incurred by the MAA General Service Board, and the maintenance of the MAA website. Contributions can be made via Credit Card, Debit Card, or PayPal on the

MAA website. Please give what you can, and if you can give nothing at this time, keep coming back because you are more important than your money.

NUMBER EXCHANGE: If you are available for outreach, sponsorship, or as an action partner, write your telephone number in the chat, and include your country code.

INVITATION TO JOIN GROUP: If you would like to join this group please let a group member know.

ANONYMITY STATEMENT: In closing, the opinions expressed here today are strictly those of the individuals who gave them. Who you see here, what you hear here, when you leave here, let it stay here.

CLOSING:

Let's unmute, have a moment of silence for the still suffering media addict, and then say the "we" version of the Serenity Prayer:

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

Thank you for a great meeting.

Followed by FELLOWSHIP TIME for 10 minutes

Note to Moderator:

- Kindly post where we left off with the reading in the Group's WhatsApp Channel.