

MAA Sunday Morning Our Great Hope Big Book Step Study Meeting Format

Sunday 11:30am - 12:30pm ET

Zoom ID: 881 6683 9368

Passcode: 987162

<https://us02web.zoom.us/j/88166839368?pwd=UkV5YzRKbFJCUM5MOG5YYnh4eG9zQT09>

Greeting: Welcome to the Sunday Morning Big Book Step Study meeting of Media Addicts Anonymous. My name is ___(name)___, and I am a media addict. Let's open the meeting with a full minute of silence. Will all those who wish to, please un-mute yourself and join us 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 wisdom to know the difference. Thy will not mine be done.

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.

Welcome Newcomers: We extend a special welcome to newcomers. Are there any newcomers here today? Please un-mute yourself and tell us your name, so we can welcome you. (*Pause and wait for newcomers to respond*)

(If there are newcomers) Welcome! We are glad you are here! We suggest you attend at least six Media Addicts Anonymous meetings so that you have time to identify and learn more about the program. I will put my name and number in the chat, and we invite you and anyone who wishes to do the same. On the 2nd Sunday of the month, we will have our business meeting at the conclusion of this meeting.

Meeting Focus: This is a Big Book Step Study meeting. This meeting will last one hour, followed by fellowship time where we can answer any questions which newcomers to MAA may have. Each week we start with a reading from the Big Book of A.A., followed by a speaker, and then we open the meeting to sharing from all participants. In this meeting, we go through the 12 Steps, as presented in the Big Book of Alcoholics Anonymous, starting with reading “The Doctor’s Opinion”. We welcome everyone to attend, to read and to share, whether you are new, whether you are struggling or not with media sobriety, or wanting to learn and grow more spirituality through the 12 Steps. Welcome!

We suggest that you put away all unnecessary devices and pay attention to what is being said. By focusing on this meeting alone without distraction you will get this program much faster. We ask that you NOT use the chat when people are sharing. We have a special time later to share contact information for outreach. Please keep your camera on, if possible, to promote a sense of connection and unity.

Timekeeper: Who would like to be our timekeeper today? (Wait for a volunteer) Thank you, _____. Timekeeper, can you please let the speaker know when 10 minutes is up, and then when it’s 15 minutes, and later with the sharing, at two minutes and then when it’s three minutes. And please acknowledge the timekeeper by saying Thank You.

Reading, Speaker & Sharing:

First we will have a reading, then a speaker will share their experience, strength and hope on this Step, and then the sharing on the Step. Please grab a Big Book if you have one handy. Otherwise, feel free to just follow along during this portion of the meeting.

Today we are on Step_____, which starts on Page_____ of the Big Book of Alcoholics Anonymous, in the _____ Paragraph. Today we will conclude our reading on Page _____. If you would like to read, please raise your hand electronically now. We will call on those who have raised their hand electronically. Please note that throughout our meeting, when AA literature is read, in compliance with AA’s reprint policy, we do not alter any wording or make word substitutions. You may substitute in your mind the word media for alcohol and media addict for alcoholic. We ask that you do not introduce yourself during the reading but wait until the sharing portion of the meeting to do so. Each reader may read 2 or 3 paragraphs until the reading for today is concluded or the Timekeeper calls time. Please say “Pass” after you have finished reading. I will now turn the meeting over to our co-chair, who will call upon people to read. *(after each reading or share, if no hands are raised, say something like “who would like to go next?” or “would someone like to continue the reading?”)*

Timekeeper, can you please to let us know when 15 minutes have expired?

Moderator: After the Timekeeper calls time after 15 minutes, please continue with the following...

Thank you all for reading. Next we have asked _____ to share their experience, strength & hope about this step.

**Timekeeper, can you please to let us know when 10 minutes have expired? _____
you may begin sharing.**

After speaker's share: Thank you, _____ for sharing with us.

We will again ask you to raise your hand electronically if you wish to share. We ask that you limit your shares to three minutes and to focus your share on the step. The timekeeper will let you know when two minutes are up, and then when it's three minutes.

Crosstalk: Please do NOT mention media titles or specific media content in your share.

(Wrap up promptly at 12:25 PM)

Wrap Up: That's all the time we have for reading and sharing today. Next week we will start on Step _____. If you would like to put your contact information in the chat for outreach, you can do that now. If you are available to sponsor, or if you need a sponsor, please put your information in the chat as well. If you did not have a chance to read or share at this meeting, you can share at the next meeting. We hope you all will come back.

Who would be willing to be our Newcomer Greeter today following the end of the meeting? Because there is another MAA meeting which starts in approximately 30 minutes, we will only have until 10 minutes before the top of the hour for questions and newcomer time.

Announcements: Our business meeting is held on the second Sunday of each month. We encourage all to attend and become a member of our group. Our next business meeting will be on _____.

Are there any other MAA-related announcements?

Seventh Tradition: It is now time for the 7th 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 our MAA website. Contributions can be made via Debit Card, Credit 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.

I'd like to thank everyone for coming and for doing service today. Thank you for letting me be your leader.

A Vision For You:

Who would like to read A Vision For You from Page164 in the Big Book?

[Leader: START SCREEN SHARING on next page]

A Vision For You

Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man 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 Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us.

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join 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.

[Leader: STOP SCREEN SHARING HERE]

Closing: In closing, the opinions expressed here today are those of the individuals who gave them, and not of MAA as a whole. The things we have heard here are spoken in confidence and should be treated as confidential. We do not take outside the meeting whom or what we hear at this meeting. Let us reason things out with each other, and let there be no gossip or criticism, but only love, understanding, and the spirit of fellowship.

Closing Prayer:

Please un-mute yourself and join me in saying 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 wisdom to know the difference. Thy will not mine be done.

Thank you everyone for a great meeting.

(Turn the meeting over to the newcomer greeter. If this is the 2nd Sunday, turn the meeting over to the business meeting chair.). There is another MAA meeting which begins promptly at the top of the hour. Therefore, please finish up either newcomer time, or the business meeting by 10 minutes prior to the top of the hour. You may create a breakout room if you wish and invite participants to move into this breakout room if you expect the business meeting to take longer than 20 minutes. Please stop any main room proceedings immediately upon the arrival of members for the next MAA meeting.