

Sunday Serenity 2 Way Prayer Meeting `
Two way Prayer and Sharing Meeting of Media Addicts Anonymous
Sunday from 1:00 to 2 pm EST and Fellowship Time
Zoom ID: 818 7834 8103 Passcode: Prayer

Meeting leader, please assign a co-host before the start of the meeting. You may ask this person to do the screen sharing and posting withing the chat. Come in 5-10 minutes early to open all readings and prompts needed in the script.

Greeting:

Welcome to this open Sunday Serenity Two Way Prayer meeting of Media Addicts Anonymous. My name is ___(name)___, and I am a recovering member of MAA. I will be your moderator for today. At any time during the meeting, you may press unmute to speak but please keep yourself muted at all other times.

Serenity Prayer:

Please un-mute your microphone now 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: (May be read by the moderator or a volunteer)

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 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 to this meeting? Please un-mute and introduce yourself by telling us your name and location, so we can welcome you. **(Pause and wait for newcomers to respond)** It is suggested you attend at least six meetings so that you have time to identify with the speakers, begin to absorb the concepts, and learn more about the program.

After the close of this meeting we will have the possibility of fellowship time when we will greet our newcomers informally; everyone is invited!

(Ask for Volunteer to read)

The Twelve Steps of Media Addicts Anonymous

- 1. We admitted we were powerless over media—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 our will and our lives over to the care of God as we understood 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 became 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 the result of these steps, we tried to carry this message to other media addicts, and to practice these principles in all our affairs.*
- (Pass)*

Reading

Moderator. Please choose 3 signs/symptoms of Media addiction and the corresponding 3 Promises of MAA. You can do the reading yourself or share your screen and ask for a volunteer to read

The Signs and Symptoms of Media Addiction

1. Dissatisfaction with life— We depend on media for relief from our pain and problems. Media is our main source of relaxation, recreation, reward and relationship and we feel bored and empty when not using.
2. Time irreverence— Electronic media distract us from our goals as it takes priority over everything else. When bingeing or grazing we lose track of time and forget what is important.
3. Exhibiting risky behavior—We endanger our life or other people's lives to get our media fix. We may drive while sending text messages, overeat while bingeing on TV or deprive ourselves of sleep while gaming.
4. Mental obsession— We are preoccupied with the news, social media etc., and so we want our devices with us at all times. We have fear-of-missing-out.
5. Isolation— We prefer to stay indoors on media rather than outdoors in nature or socializing. Even in the company of others we don't interact but lose ourselves in our devices, which makes us feel lonely and remorseful.
6. Compare and despair—Through our media use we compare ourselves with others and may create an online persona we think people will like and respect. Unable to live up to this ideal version of ourselves we end up in despair.
7. Avoidance of work and inability to plan and prioritize tasks— Because we use our time to be on media we procrastinate on necessary tasks and thus jeopardize the success of our education, work etc. Poor time management may lead to a crisis, often followed by a new binge.

8. Obsession with fantasy—Our need for romance and sex is increasingly satisfied through fantasy, as presented by media. We lose the ability to have real relationships because of unrealistic expectations. We become dissatisfied, feel disconnected and lonely.
9. Depression, shame, and dishonesty—Depressed and ashamed we lie about our media consumption. We tell ourselves we want to change our lives, but we don't know how to live without our electronic media. Some of us have suicidal thoughts.
10. Disconnection from our bodies and nature—We fail to meet our basic needs for rest, sleep, exercise, good nutrition, etc. We avoid the natural world and do not fully enjoy our senses.
11. Withdrawal and inability to stop—When we stop using media, we experience withdrawal symptoms such as cravings and agitation. We can't stay stopped and after giving in to our alcoholic media, we find it even harder to try to stop again.
12. Physical ailments—Our prolonged media use leads to backache, neck pain, headaches, disturbed sleep, carpal tunnel syndrome, as well as problems with our vision.

The 12 Promises of MAA

- 1) **Satisfaction and fulfillment in everyday life**—We depend on our Higher Power and our fellowship to find relief and answers to our problems. We cultivate rich connections with our fellows and have many non-media related sources of recreation and relaxation. We live engaged and rewarding lives.
- 2) **Time reverence**—We focus on our goals and visions. We use our time to nurture our talents and fulfill our dreams.
- 3) **We act responsibly**—No longer pulled by the lure of a screen or an electronic device, we are mindful of our attention and direct it appropriately.
- 4) **Mindfulness**—We stay focused on the here and now. We find peace and comfort knowing we are exactly where we are supposed to be in this moment.
- 5) **Connection**—We socialize with others and prefer connection to real people and to nature. We find joy and comfort in belonging. Loneliness and isolation have faded away.

6) **Appreciation for our uniqueness**—Our self-worth and self-esteem come from the personal relationship we have with our Higher Power. We take pride and revel in our individuality knowing that our unique gifts come through our Higher Power to enhance this world.

7) **Embrace work and choose priorities**—We find enthusiasm in our work and effectively manage and prioritize our daily goals. Because we no longer abuse our brains with prolonged media usage, our brains are clearer and re-calibrated.

8) **Living in reality**—We interact with real people and enjoy real life. We face our problems head-on and are not drawn to live in a fantasy world where things are pristine and unrealistic. We live life on life's terms and find that life is gorgeously messy and colorful. We feel blessed as we embrace it all.

9) **Acceptance and honesty**—As we are honest about our disease and accept that we are media addicts, we have come to intuitively know we are priceless in our uniqueness and start to share our gifts with others. We trust ourselves and begin to see how we have a positive impact on others and the world.

10) **Connection with our bodies and nature**—Self-care has become our priority. Our bodies are the vessels that carry us through this life. We only get one, so we mindfully take care of it. We frequently spend time in nature to rejuvenate and refresh our spirits.

11) **We cease fighting with media**—When we stay in fit spiritual condition, we don't need to push media away. Instead, we recoil from it as if from a hot flame. Media no longer has a hold on us. We see Higher Power is doing for us what we could not do for ourselves.

12) **We experience more vitality**—We have more energy and our pains fade away because we are not engaged in the repetitive actions that created them. We sleep better and feel healthier. We have a sense of well-being not known before.

Reflective Reading

It's now time for our reflective reading: ([Ask for volunteer to read](#))

[Moderator, choose a few sections from the essay by Bill W., "Emotional Sobriety".\(If you read 5 sections at a time, it can be completed in 4 weeks\)](#)

<https://aainthedesert.org/wp-content/uploads/2019/01/EMOTIONAL-SOBRIETY.pdf>

or a reading from the book, “As Bill Sees It” <https://paintedbrain.org/wp-content/uploads/2020/07/As-Bill-Sees-It.pdf>

(you may ask for a volunteer to read)

Two Way Prayer Instructions Part 1

Step 11 states:

“Sought through Prayer and meditation to improve our conscious contact with God as we understood God. Praying only for the knowledge of God’s will for us and the power to carry that out.”

The Big Book authors write: “ In thinking about our day we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy, we do not struggle. We are often surprised how the right answers come after we have tried this for a while.” (p. 86 Alcoholics Anonymous)

Today we are going to practice making conscious contact with God through 2-way Prayer. After these instructions, there will be a 4 minute guided process to connect with your Higher Power and ask a question. If you wish to turn your volume down during the guided part and connect in silence, please feel free to do so. After the 4 minutes is up, we will move directly into free flow journal writing so have a pen and notebook ready. There will be a link in the chat to connect to music, or if you wish, you can continue in silence. The writing period will last for 7 minutes.

• While writing, you will be connecting to your Higher Powers voice within you: start with a term of endearment: “My child” or “My precious” or some other term of endearment that a loving Higher Power might use when speaking to their beloved.

• Listen for God’s Voice. If the connection isn’t immediate and words do not come into your mind, use your active imagination, especially when you’re first making conscious contact: Say to yourself, “If Higher Power were to speak to me this is what God, or Love, or Divine Wisdom might say:” _____

• Write down everything that comes into your mind. Everything. Writing is simply a means of recording so that you can remember later. Don’t sort out or edit your thoughts at this point. Don’t say to yourself:

This thought isn’t important
This is just an ordinary thought
This can’t be guidance
This isn’t nice
This can’t be from God
This is just me thinking, etc.

Write down everything that passes through your mind:

Names of people
Things to do
Things to say
Things that are wrong and need to be made right

Write down everything:

Good thoughts - bad thoughts
Comfortable thoughts - uncomfortable thoughts
“Holy” thoughts - “unholy” thoughts
Sensible thoughts - “crazy” thoughts.

Be honest! Write down everything! A thought comes quickly, and it escapes even more quickly unless it is captured and put down.

I now invite you to mute your volume and join us in a silent meditation for three minutes, or you can follow along in the guided meditation. If you choose mute, you may want to time yourself so that you can join back in with us.

[go slow enough so participants will have the time to drop in]
(Share the meditation in progress screen while reading the guided meditation)



Guided Meditation

Now, sit as comfortably as you can and close your eyes.

Take 3 deep breaths. First inhaling in through the nose and exhaling out of the mouth.
[pause 10 seconds]

For the next few minutes you have no problems and no worries. They will be there later, but for this little while, notice the way it feels to not have anything to worry about.

...let the body move into deep relaxation. (pause)
Anywhere that feels tight, let go. (pause 15 seconds)

Breathe.(pause)
... be in your life just as it is now.(pause 10 seconds)

See yourself as neutral and open to all possibilities.(pause 5 seconds)

..begin to sense your Higher Power within you,(pause 15 seconds)
Feel the love, wisdom, gentleness and joy.
Choose the name that feels right for you. If you are struggling to find a name, start with
“Unknown Higher Power” or “Higher Power, if you exist.” (pause 15 seconds)

Now, think of a question that is specific and on your heart today (pause 20 seconds)

We may ask :

Higher Power,
What is your vision for me today?
What do you want for my life?
What is possible for my life that is for the good of all ?

God, I've tried getting Media sober before – please tell me what I need to do that's different this time.

Spirit, I need your guidance today as I face _____. Please show me the way.

(Pause for 10 seconds)
Breathe.

Listen.(pause 20 seconds)

Be alert, aware and open to every thought and impression.

(pause 30 seconds)

Breathe.

Listen.

(pause 30 seconds)

Now, ask your higher power to give you a symbol, or a feeling that will guide you.

(pause 15 seconds)

Hold on to any feeling or vision you experience. (pause 15 seconds)

Whatever you received, accept this gift and commend yourself for choosing to be with and depend upon your HP.

(pause 10 seconds)

gently open your eyes and bring your body back to the room.

Roll your shoulders and stretch. (pause 2 seconds)

Rub your hands together and then hold them to your heart.

Take in a deep breath, and smile. (pause 3 seconds)

This concludes the Guided Meditation

Now we will go into the 7 minute journal writing process. You can choose to do this with the meditative music link provided in the chat, or if you would prefer to do the writing time in silence, please do so. To play the music, click on the link in the chat and the music and will automatically start. Remember the writing process is free flowing. Whatever thoughts come into your mind, write them out on paper. Don't edit/ fix or make it pretty. Let your Higher Power flow through you. There will be time to test your thoughts after you are done. You may begin writing now.

(Moderator, Post link into the chat before the start of the meeting re-paste right before the start of meditation so its visible to late arrivers) https://recoveredfrom.com/wp-content/uploads/2020/09/Hay-Bhagavan...instrumental_256k.mp3

Share the screen to display the “writing in Progress” message. Stop after 7 minutes



MEDITATIVE WRITING PERIOD

Ask Higher Power a question, then write without stopping until time is called

This concludes our writing portion of the two way prayer.

Can I please have a volunteer to read, Two Way Prayer Part Two? It will be up on the screen for you.

Two Way Prayer Part 2:

Test

Not every thought we have comes from God. So we need to test our thoughts.

- a) Are these thoughts completely honest, pure, unselfish and loving?
- b) Are these thoughts in line with our duties - to our family- to our country?
- c) Are these thoughts in line with our understanding of the teachings found in our spiritual literature?

Mistakes

Suppose I make a mistake ?

The Big book Authors write:

“Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption with all types of absurd actions or ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it” (Alcoholics Anonymous p. 87)

However, God will always honor our sincerity, will work around and through every honest mistake we make and will help us make it right. But remember this- Sometimes when we do take the right action, someone else may not like it or agree with it. So when there is opposition, it doesn't always mean you have made a mistake. It can mean that the other person doesn't want to know or to do what is right. This is where checking your guidance out with other members will be valuable. (Pass)

Open Sharing:

We will now open up the meeting for sharing. You can read parts of your writing, what insights you have had through 2-way prayer or what is current for you in your media sobriety. While members are sharing, feel free to write any new insights you get from their shares. Remember, God often speaks through other people.

If you want to share, please clearly raise your hand on the screen and wait to be called on, then unmute yourself. We ask members to focus their shares on recovery from media. We do

not engage in cross talk, which we define as interrupting, directly addressing another speaker, commenting on someone else's share, giving advice, or making suggestions. Please do not mention media titles or specific content of our addictive media.

Please limit your share to 3 minutes. (Moderator's Choice if or when to take 3 minutes down to 2 minutes ea.)

Timekeeper: Who will be our timekeeper for today? ___(wait for volunteer)___;

Thank you!

Timekeeper, will you please let the person sharing know when two minutes are up and again at three minutes? Those who share: please acknowledge the timekeeper's warning at 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly. Who would like to speak?

Wrap Up at 55 minutes:

That's all the time we have for sharing today. If you did not have a chance to share at this portion of the meeting, you can share during the fellowship time after we close.

Who will be willing to host the fellowship time ? (when you get a volunteer, make this person HOST.)

Seventh Tradition: It is now time for the 7th Tradition and announcements. MAA has no dues or fees. We are self-supporting through our own contributions. If you would like to contribute to keeping this meeting going and other meetings like this, contributions can be made on the MAA (mediaaddictsanonymous.com) website.

Announcements

This group holds its business meeting the last Sunday of the month following the close of the meeting. If you would like to take part in the meeting by doing service, please attend our business meeting!

Are there any other MAA related announcements? (Wait for response)

Are there any NON MAA related announcements? (Wait for a response)

Closing: In closing, the opinions expressed here today are strictly those of the individuals who gave them. The things we have heard here are spoken in confidence and should be

treated as confidential. Let us talk to each other, reason things out with someone else, and let there be no gossip or criticism of one another, but only Love, Understanding, and Fellowship.

Closing Prayer: Please un-mute yourself and will all who care to 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 the wisdom to know the difference.

Thank you everyone for a great meeting.

(Fellowship/ Newcomer Meeting ends 20 minutes after the end.)