

**THERE IS A SOLUTION Meeting Format**  
**Saturday 2:00 to 3:30pm ET**  
**Call: 978-990-5000**  
**Access code: 385988#**  
**Leader Code: 5031#**

NOTE: You will need 2 members for the following: opening prayer and closing prayer.

Leader and speaker: Please come at least 10 minutes early to mute the phone and prepare for the meeting.

Touch Tone Phone Commands:

- \*2 – for the leader to get the count of participants
- \*5 – for the leader to do a mass mute of all the participants  
**Please mute the line before the meeting starts.**
- \*6 – for participants to mute and un-mute themselves
- \*8 – for the leader to turn off entry and exit tones, if needed
- \*9 – for the leader to begin the recording and stop the recording

**Leader does a mass mute with \*5. (this way people will come in to the meeting muted)**  
**Leader starts the recording with \*9.**

Welcome to our “There is a Solution” Saturday meeting of Media Addicts Anonymous.  
Today's date is \_\_ (date) \_\_, and we are here to share our experience, strength, and hope with people who are interested in recovering from media addiction

My name is \_\_ (name) \_\_, and I am a media addict in recovery today, and I will be leading this meeting and introducing our speaker today.

We have a recovering member of one of our Back-to-Basics groups here to share their experience, strength, and hope with us. Afterwards, you will have a chance to ask questions. This meeting is being recorded and will be posted on the Media Addicts Anonymous website at [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org).

So that you can absorb the important message our speaker has to offer, please turn off all unnecessary media and focus on this meeting alone.

We have asked \_\_ (name) \_\_ to start us off with the Set Aside Prayer.

*God, please help us set aside everything we think we know about ourselves, our problems, our addictions, and about you. We ask that we may have an open mind and an open heart so we might have a new experience with these things. Help us to see the truth, so that we might learn to live our lives on a spiritual basis and be restored to sanity. Amen.*

We begin our meeting today by reading from the Big Book of Alcoholics Anonymous, which is our guide to the way out of hopeless media addiction. To better understand how media addiction is similar to alcoholism, wherever it mentions terms related to alcoholism, I will substitute or add media addiction concepts.

## THERE IS A SOLUTION

We, of [Media Addicts Anonymous] ...are average [people from all parts] of [the world]. ... Many...occupations are represented [here], as well as many political, economic, social, and religious backgrounds. We are people who normally would not mix. But there exists among us a fellowship, a friendliness, and an understanding which is indescribably wonderful.

We are like the passengers of a great liner the moment after rescue from shipwreck when camaraderie, joyousness and democracy pervade...The feeling of having shared in a common peril is one element in the powerful cement which binds us. But that in itself would never have held us together as we are now joined.

The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in [love] and harmonious action. This is the great news this book carries to those who suffer from [Media Addiction].

If you are as seriously [Media Addicted] as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help. This we did because we honestly wanted to, and were willing to make the effort.

...We hope no one will consider these self-revealing accounts in bad taste. Our hope is that many [media addicts], desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, "Yes, I am one of them too; I must have this thing.

Thank you all for being here. We welcome you to our fellowship, for we have found a solution to the media problem that really works. It is my pleasure to introduce our speaker today.

\_\_(name)\_\_ is here today to share \_\_(his/her)\_\_ experience, strength, and hope with us.

*(Moderator takes 3 minutes to introduce speaker)*

I will now turn the time over to our speaker \_\_(name)\_\_. Would you like to time yourself or would you rather have me time you? (pause) Please go ahead. You have up to 50 minutes.

*(Moderator might want to serve as a backup timer for the speaker)*

*(After the speaker qualifies)*

Thank you \_\_\_(name)\_\_\_ for your wonderful qualification.

Before we move on, we will pause for one minute to absorb the speakers words and to connect to our Higher Powers. We invite you to feel what resonated with you in \_( name)\_ share and see where you may benefit from deeper explanation of their program of recovery. After the 7<sup>th</sup> Tradition and announcements, everyone will have the opportunity to ask \_\_\_(name)\_\_\_ a question.

You may begin. ( Time for 1 minute of silence)

Thank you. That's time.

### **7<sup>th</sup> Tradition and Announcements**

MAA has no dues or fees. We are self-supporting through our own contributions. Contributions can be made via PayPal on the MAA website. Please give what you can, and if you can give nothing at this time, keep coming back. You are more important than your money.

During this time slot every Saturday, we hold several different types of MAA meetings. Some Saturdays we have "Open Back-to-Basics" qualification meetings where two or more people who have finished their first month in our Back-to-Basics program speak about their experience with working all 12 steps while fasting from any unnecessary media. Other Saturdays, like today, we have "There is a Solution" qualification meetings where someone who has been fasting in Back-to-Basics for three months shares their experience, strength, and hope as they recover from media addiction.

We have special closed Back-to-Basics groups that meet 5 times/week, fast from all unnecessary media, and work all 12 steps with group sponsors. Every month we have openings and opportunities for members to join one of these closed groups. At the end of this meeting, we will announce when those openings will occur and how to join.

We also have open Back-To-Basics groups that meet once a week and complete all 12 steps in about 4 months. Everyone is welcome to attend, whether you have never done a Back-To-Basics meeting before or you have finished the course. Everyone is invited to attend these meetings. Details can be found on the MAA website.

Back-to-Basics groups are not a part of MAA, but are an associate structure to help MAA members recover more quickly with the help of a sponsor.

Media Addicts Anonymous is a new 12-Step program. We hope you will become active in helping our membership grow by supporting all of our meetings and joining our recovery fellowship. At the end of this meeting, we will stop the recording and share phone numbers for member outreach.

## Questions and Answers:

I will now open up the meeting to those who have questions for our speaker. If you have a question for \_\_(name)\_\_\_, please press \*6 to un-mute your phone. I am ready to take some names.

(note: this is a time for questions only, if people begin to share or start to take a long time leading up to their question, please help lead them back to asking a direct question)

## Wrap Up at 3:25 ET:

That is all the time we have for questions. We will end this meeting with another passage from the Big Book.

Almost none of us liked the self-searching, the leveling of our pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. [God] has commenced to accomplish those things for us which we could never do by ourselves.

Thank you all for being here today. I would like to remind you that the opinions expressed here today are strictly those of the individuals who shared them. The things we have heard here are spoken in confidence and should be treated as confidential. Let there be no gossip or criticism of one another; rather, let's all reach out to each other with understanding, love, and the spirit of fellowship.

We will ask \_\_(name)\_\_\_ to close this meeting with the Third Step prayer, after which we will stop the recording.

*God, I offer myself to Thee – to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of life. May I do Thy will always!"*

## Stop the recording with \*9

- Ask the speaker if they would like to share their phone number.
- Let people know how to get information about upcoming Back-To-Basics classes. (go to the MAA website and fill out the contact/ mailing form, asking for information about B2B)

- Ask if there are any newcomers who would like to introduce themselves.
- Ask if anyone would like to leave their phone number for outreach.