

# 'Variety Tuesday'

Every Tuesday starting at 10pm ET

Zoom ID: 881 6683 9368

Passcode: 987162

*Notes to Moderator:*

*Please make sure you are online at least 5 minutes before the meeting starts.*

*Please read the **BLACK** parts of the script only, as is, and please keep the meeting clipping along so we have more time for shares. Any text in BLUE should not be read out!*

*Please be sure to write down everyone's name who volunteers for service during the meeting so you can thank them at the end.*

## **Greeting:**

Welcome to this 30-minute sharing meeting of Media Addicts Anonymous. My name is \_\_\_\_\_ and I am a recovering media addict and your moderator for today.

## **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:**

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 to this meeting who would like to introduce themselves? Please un-mute yourself by telling us your name and if you feel comfortable, your location, so we can welcome you.

*(Pause and wait for newcomers to respond – if you know everyone in the group and are sure there are no newcomers, jump to “Meeting Focus” below. If not, read the text below unless you are personally familiar with everyone in the meeting since some newcomers don’t respond.)*

We are glad you are here! 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. On most Tuesdays, we have 15 minutes of fellowship time after the close of the meeting when we will greet newcomers informally. Everyone is invited! On the second Tuesday of every month, we have our business meeting instead of fellowship time.

### **Meeting Focus:**

This meeting is a “variety” meeting in which there will be time for all individuals to share. After MAA readings, when it is time for individual shares, we will ask group members to propose 1-3 topics for the shares to focus on. Anyone present can suggest a topic, and if no one has immediate suggestions, we will ask for 1-3 volunteers to select a topic from a predetermined list.

This meeting will last 30 minutes. We suggest that as you listen to this meeting you put away all other devices and focus on this meeting alone without distraction.

We also ask you to only use the chat function to share your telephone number for outreach at the end of the meeting so as to keep our focus on what is being shared in the meeting.

Please also stay muted when not talking and keep your camera on throughout the meeting to promote a sense of connection and unity.

### **Readings:**

I need two volunteers to be readers for this meeting. Who would like to give service by reading today? *(Take two names)*

\_\_\_\_(name)\_\_\_\_ will you read the following numbers *(see below)* from the Tools of Action for Media Addicts Anonymous?

*Moderator: Give appropriate instructions based on the week of the month:*

*1st Tuesday – read numbers 1, 2 and 3*

*2nd Tuesday – read numbers 4, 5 and 6*

*3rd Tuesday – read numbers 7, 8 and 9*

*4th Tuesday – read numbers 10, 11 and 12*

*5th Tuesday – read any 3 of reader's choice*

***Tech person shares screen here***

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## Tools of Action for Media Addicts

1. **Go to meetings**—We attend MAA meetings to learn about media addiction, stop isolating, gain support, and identify with other recovering media addicts. Meetings are the platform we use to build a robust personal support network and a real sense of belonging. We encourage newcomers to attend 90 meetings in 90 days to jump-start their recovery.
2. **Give service**—Giving service right away is THE MASTER PLAN for finding success in getting and staying media sober. Service gives us immediate purpose and connection within our fellowship. We suggest that every newcomer and old-timer choose a home group and take on a service position. Any form of service, such as moderator, time-keeper, action partner, dashboard operator, etc., adds to the quality of our own recovery and helps us stay sober. Sponsoring and carrying the message to the media addict who still suffers is the cornerstone of our own personal recovery.
3. **Work with a sponsor**—A sponsor is a media-sober member of MAA who is working MAA's Steps and Tools to the best of their ability. We ask a sponsor to guide us through the Twelve Steps and assist us in staying media-sober. We work closely with our sponsor to discover what behaviors, emotions, situations, and circumstances trigger the “phenomenon of craving,” and the things that may contribute to being out of control and compulsively using media.
4. **Fast from unnecessary media**—Fasting is an essential tool if someone sincerely desires relief from media addiction. It is the tourniquet we use to stop the bleeding. We strongly advocate fasting from unnecessary media long enough to break the compulsive cycle. By fasting from all media except what is necessary for work, school, or family needs, we see our media addiction with greater clarity, detoxify our minds and bodies from the overuse of media, and begin to connect to ourselves and others in deeper and healthier ways.

5. **Design a media replacement plan**—Because media has become our main source of relief, relaxation, reward, recreation, and relationships, we need to find other activities we enjoy. A media replacement plan is an important system to create as soon as possible so we will have enjoyable and healthy activities to replace media.
6. **Create a media withdrawal plan**—When we stop using media, we find there is often a period of withdrawal and detoxification. A media withdrawal plan provides us with a strategy to get the help and support we need during early abstinence. A sponsor and/or action partner help provide tools and guidance in creating this personal plan.
7. **Get an action partner and make outreach calls**—We find it helpful to pair up with an action partner to help us stay accountable with our media usage on a regular basis. Media addiction isolated us from real people. We recover from loneliness and gain support by making frequent outreach calls to other media addicts. We use our support network to bookend our media use.
8. **Prioritize sleep and body care**—Our ability to get sober and stay sober from media includes getting proper rest and a good night's sleep. Therefore, we suggest setting a media curfew for ourselves along with a regular bedtime. We keep electronic media out of the bedroom. During the day, we stay connected to our bodies by eating nourishing food and getting proper exercise and fresh air.
9. **Meditate**—We regularly take time to meditate in order to feed our spirits in ways that media never could. Meditation helps us connect to a Power greater than ourselves which then trains our mind to turn to this Power rather than seek relief through media.
10. **Read recovery literature**—We regularly read and study MAA literature as well as the literature of Alcoholics Anonymous to deepen our understanding of addiction and the pathway to freedom and recovery.
11. **Clarify through writing**—When we write our thoughts down, it allows us to see our disease more clearly. Writing is an indispensable tool for working through our emotions. When we put our difficulties down on paper, it becomes easier to understand a situation and discern any necessary action.

12. **Develop a media sobriety plan**—After we have fasted and become media sober (i.e., abstinent from all unnecessary media) and taken all Twelve Steps with a sponsor, we work with our sponsor to create a media sobriety plan. This plan outlines our personal intentions for media usage. It is our unique guide to making media decisions, as it defines what, when, how, where, and why we use our devices. For many of us, our sobriety plan becomes a continuation of our media fast, that is, refraining from any unnecessary media. Ultimately, our media sobriety plan excludes any media that is our alcoholic (bottom line) media. We continue to re-evaluate our plan with our sponsor to stay media accountable and prevent relapsing.

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[\*Tech person briefly stops screen sharing here\*](#)

Thank you for reading! If you identify with some of these signs of media addiction, you may be a media addict. If so, you are in the right place, you're one of us and you matter.

### **Recovery from media addiction:**

To recover from media addiction, MAA utilizes the Twelve Steps, first developed by Alcoholics Anonymous.

\_\_\_\_ (name)\_\_\_\_ will you please read the Twelve Steps of Media Addicts Anonymous?

[\*Tech starts screen sharing here\*](#)

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### **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)
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Thank you for reading!

### **The Twelve Traditions of Media Addicts Anonymous:**

I will now read the Tradition of the Month and the 12th Tradition

1. Our common welfare should come first; personal recovery depends upon MAA unity.
2. For our group purpose there is but one ultimate authority—a loving Higher Power that may be expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for MAA membership is a desire to stop compulsively using media.
4. Each group should be autonomous except in matters affecting other groups or MAA as a whole.
5. Each group has but one primary purpose—to carry its message to the media addict who still suffers.
6. An MAA group ought never endorse, finance, or lend the MAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every MAA group ought to be fully self-supporting, declining outside contributions.
8. Media Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. MAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

10. Media Addicts Anonymous has no opinion on outside issues; hence the MAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

***Tech stops screen sharing here***

**Topic:**

We're about to start the sharing part of the meeting. Would anyone like to suggest a topic of the day for shares? We can take up to 3 topics.

[Wait a moment or so. If someone suggests a topic, skip down to **Open Sharing.**" If no one suggests a topic of the day, say:

We have the following suggested topics to choose from. Would anyone like to select one from the list? **[Tech person shares screen so that all topics are visible, wait while group members propose topics; feel free to propose one yourself].**

**Moderator repeats topic suggestions to group and asks tech person writes them in the chat**

## List of Topic Suggestions

- One of the 12 steps
- Forgiveness
- Joy
- Defining top, middle, & bottom lines
- Living one day at a time
- Media fasting
- Gratitude
- Two-way prayer
- Spiritual exploration, experiences, & awakenings
- The Serenity Prayer
- Sponsorship
- Staying away from the first drink (or click, video, article)
- Fellowship / Working with Others
- Sharing about MAA with others (other addicts, friends, family, outsiders)
- Honesty
- Open-mindedness
- Routines
- Self-Compassion
- Inventories
- Service
- Surrendering to higher power in difficult times
- Urge surfing
- Outreach
- Amends
- Preventing or overcoming relapse (or slips)
- Media replacement activities
- Using necessary media in sobriety
- Navigating change
- JOMO (Joy of Missing Out)
- Caring for the body
- Hope
- Progress not perfection

Thank you for proposing these topics. We will put these in the chat. Feel free to share about these topics, but shares are not limited to the topic(s) of the day.



### **Open Sharing:**

We will now open the meeting for sharing. If you are new, you can introduce yourself and, if you feel comfortable, share what brought you to MAA. When you share, please tell us your name and, if you're comfortable, your location.

If you relate to another member's share, you are welcome to share along similar lines from your own experience. Please avoid giving unsolicited feedback or advice. To keep this meeting safe and to avoid triggering addictive media use, we ask that you refrain from naming media titles, discussing specific media content, or making reference to current events. Please also refrain from making discriminatory or disparaging comments.

*(Moderator decides, based on attendance, if length of shares is 2, 3 or 4 minutes)*

You will have [two/three/four (*moderator chooses*)] minutes to share. Would someone like to volunteer to be the timekeeper for this meeting?

\_\_\_\_ (name)\_\_\_\_, will you please let the person sharing know when [30 seconds/two/three minutes] are up and again when their share has ended?

For those who are sharing, please acknowledge the timekeeper's warning and when time is called, please wrap up your share. Who would like to speak?

### **Wrap Up at 25 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.

### **Call for Service:**

*If our next business meeting is within the next two weeks or happening today, and we have yet to appoint a moderator for the upcoming month, read the following:*

Service roles are integral to our recovery journey. Currently, the position of moderator for the forthcoming month remains open. We plan to elect moderators and other service positions at the next business meeting in \_\_\_\_ weeks/ today. Your consideration to serve is highly encouraged. If you have any questions or are interested in serving, feel free to reach out to me in private or chat after the meeting. The roles of moderator and tech support are straightforward and quick to learn. You're also welcome to volunteer for moderating one or two meetings to experience it first-hand.

Who would be willing to serve as newcomer greeter after the close of this meeting?

I'd like to thank \_\_\_\_ (name)\_\_\_\_ for keeping time; \_\_\_\_ (names)\_\_\_\_ for doing the readings; \_\_\_\_ (name)\_\_\_\_ for being our newcomer greeter.

### **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, which are for the development of MAA literature, costs incurred by the MAA General Service Board, and the maintenance of the MAA website at [mediaaddictsanonymous.org](http://mediaaddictsanonymous.org).

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.

### **Announcements:**

There are MAA meetings every day of the week. Please check the MAA website for details. This group has its business meeting on the second Tuesday of the month. Are there any MAA related announcements?

### **Number Exchange:**

If you want to contact someone you heard on today's meeting or if you are available for outreach, sponsorship, or as an action partner, please write your telephone number in the chat now. Please include any country codes, if you are on WhatsApp and what time zone you are in.

### **Anonymity Statement:**

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. We do not take outside the meeting whom we hear at the meeting.

### **Closing:**

Thank you. Please un-mute yourself and will all who care to join me in saying the 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.*

Thank you everyone for a great meeting.

I will now turn the meeting over to our Newcomer Greeter \_\_\_\_ (name)\_\_\_\_

The Newcomer Greeter is asked to stay for 15 minutes, and other members may stay on longer for fellowship. Please have the Newcomer Greeter begin by asking if there is anyone new who wishes to introduce themselves or has any questions. Take questions first before opening up for general fellowship.

## Business Meeting Format

Find an overview over current and future service positions as well as past business meeting notes [here](#)

MAA Variety Tuesday Group 10:00 pm EST

Business Meeting Minutes: **Date**

Secretary: **Name**

Chair: **Name**

Present: **Names**

Pray in with the *Set Aside Prayer*:

God, please help me to set aside everything I think I know about people, places, and things. Help me to set aside everything I think I know about myself and help me to set aside everything I think I know about you, God. Help me to have an open mind so that I might be able to see the truth and live my life on a spiritual basis.

**Ask For a Timekeeper. Announcement by Chair:** Business Meeting is capped at 20 minutes.

**Last Business Meeting's Minutes:** Could someone please read the notes from our previous business meeting? Are there any additions or corrections? Is there a motion to accept the minutes? Is there a second? Is anyone opposed to accepting the minutes?

**Fill Positions** – The following positions will need to be filled at the Jan, Mar, May, Jul, Sep, and Nov business meetings - the roles come into effect 2 weeks after the business meeting - or otherwise voted on.

- Moderator/Leader (two-month commitment): **Name, until**
- Tech Support (two-month commitment): **Name, until**
- Business Meeting Chair (two-month commitment): **Name, until**
- Business Meeting Secretary (two-month commitment): **Name, until**
- General Service Representative (one-year commitment): **Name, until**

We have an option to have Moderator & Tech Support be one person if the Moderator agrees to it. We have the option of the Business Meeting Chair and Business Meeting Secretary being one person if needed. The General Service Representative has access to the tuesdaysmaa@gmail.com email address. Meeting minutes stay preserved for 4 months and get then deleted.

**Report:** Can we now have a report from our General Service Rep?

**Old Business:** Is there any old business (ask the person reading the notes from the previous business meeting if there is any old business that still needs to be discussed and voted on)?

**New Business:** Does anyone have any new business?

**Close Meeting:** If there is no further business, can I please have a motion to close this meeting? Is there a second? Is there anyone who is opposed to closing this meeting?

Pray out with the WE version of the *Serenity Prayer*.