

**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: 881 6683 9368 Passcode: 987162**

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 within the chat. Come in 5-10 minutes early to open all readings and prompts needed in the script.

**Prepare the following**

- The script to screen share so volunteers can read from it.
- Reflective reading either from *As Bill Sees It* <https://paintedbrain.org/wp-content/uploads/2020/07/As-Bill-Sees-It.pdf> **OR** Bill Wilson's essay in the AA Grapevine on Emotional Sobriety <https://aainthedesert.org/wp-content/uploads/2019/01/EMOTIONAL-SOBRIETY.pdf>
- Music link (copy the link and paste in the chat at the beginning of the meeting and before the writing period) [https://recoveredfrom.com/wp-content/uploads/2020/09/Hay-Bhagavan...instrumental\\_256k.mp3](https://recoveredfrom.com/wp-content/uploads/2020/09/Hay-Bhagavan...instrumental_256k.mp3)
- If you are doing the screen sharing as well as moderating, it's useful to have printed out the meditation so you can share the "meditation in progress" screen while you read the meditation.

**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 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? 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 everyday life**—We depend on media as a way to avoid emotional discomfort, boredom, pain, and problems. Media has become our main source of relief, reward, relaxation, recreation, and relationships.
2. **Mental obsession**—We have a fear of missing out so we want our media with us at all times. We are preoccupied with what's trending in the news and social media. We lose ourselves in gossip, too much information, and the absorption of negative media, all of which result in constant unrest and agitation.
3. **Depression, shame, and hopelessness**—We feel depressed, shameful, and guilty about the amount or type of media we are consuming. We want to stop, but we don't believe we can live without our media dependency. This hopelessness has caused some of us to have suicidal thoughts or prolonged periods of depression and anxiety.
4. **Compare and despair**—We compare ourselves with what we see in magazines, films, TV, and social media. We try to create a persona that other people will admire, but end up feeling despair when we can't live up to those ideals. We are compelled to follow seemingly perfect people on social media even though we know it repeatedly makes us feel inferior.
5. **Isolation**—We prefer to be alone with our media rather than socialize. When we are with other people, we often become distracted by our devices. Isolation causes us to avoid those activities in life which used to bring us joy and connection.
6. **Fantasizing**—Rather than having meaningful relationships with real people, we turn to media to satisfy our need for romance, intimacy, and sexual fantasy. We end up feeling a deeper loss of intimacy with others which leads to more deprivation and loneliness than before.
7. **Risky behavior**—We will endanger our health, life, or someone else's life to get our media fix. We may drive while sending text messages, overeat while bingeing on TV, or deprive ourselves of sleep while using all forms of media.
8. **Time irreverence**—Time is the only commodity we can never get back. When grazing or bingeing on media, we lose track of time and forget what is truly important in our lives. Media takes priority over everyone and everything.
9. **Avoiding our life's purpose**—We abandon creative endeavors, intellectual pursuits, and prioritization of our goals because we focus on passive media consumption instead. We jeopardize our income, education, careers, and overall success by procrastinating and repeatedly using media during study and work hours. We lose faith in ourselves and hope for the future.

10. **Disconnection from our bodies and nature**—We become detached from our body and do not fully enjoy all of our senses. We fail to meet our body’s basic needs for rest, sleep, exercise, and good nutrition. We hide indoors with media while avoiding the nourishment and beauty of the natural world.

11. **Physical ailments**—With prolonged media usage we experience backaches, neck pain, headaches, disturbances in sleep, digestive issues, carpal tunnel syndrome, and vision problems.

12. **Withdrawal symptoms**—When we stop using our addictive media, we experience withdrawal and detoxification symptoms. Any time we give in to our compulsion to use our addictive media, we reignite the “craving” and find it increasingly more difficult to stop again.

## The 12 Promises of MAA

**1. Satisfaction with everyday life**—We turn to our Higher Power and our fellowship to share emotional discomfort, boredom, pain, and problems as well as our joys and accomplishments. Community and spiritual living have become our main sources of daily satisfaction as we have found continued relief, reward, recreation, relaxation, and fulfilling relationships in activities outside of media.

**2. Cognitive indifference**—We no longer have a fear of missing out and enjoy limiting the time on our devices. We stay attentive to what's happening in our personal lives. We actualize ourselves by being fully invested in our life purpose. We balance our media usage with what serves us and others. Our positivity and gratitude lead to greater contentment and peace.

**3. Enthusiasm, gratification, and hopefulness**—Where once we felt despair, we now feel enthusiastic, gratified, and hopeful about life. As we abstain from unhealthy media, we have found that we are living better and more fulfilled lives without it. This gratification has allowed us to have prolonged periods of joyfulness and serenity.

**4. Identify and encourage**—We identify with what we see in our circle of friends. We take time to encourage others and we try to be of service to them. This brings feelings of usefulness as we see that we are valued for who we are. We see through the myth of seemingly perfect people on media and know that our self-worth comes from our Higher Power.

**5. Sociability**—We prefer to socialize with others rather than isolate on media. When we are with real people, we are interested in their companionship. Sociability causes us to embrace those activities in life which bring us joy and connection.

**6. Faithfulness**—We have meaningful relationships with real people. We turn to authentic relationships to satisfy our need for romance, intimacy, and sexual fulfillment. When we

stay faithful and honest with our commitments to others, we experience a deeper level of intimacy which leads to more love and affection than before.

**7. Conscientious behavior**—We protect our health, safety, and others by being conscientious of our media at all times. We don't drive while sending text messages, watch TV when eating, or deprive ourselves of sleep because of media.

**8. Time Reverence**—Time is the only commodity we can never get back, therefore, we focus only on what is truly important in our lives. Vital living takes priority over everything media related.

**9. Achieving our life's purpose**—We achieve our creative endeavors, intellectual pursuits, and prioritized goals because we are no longer focused on passive media consumption. We expand our income, education, careers, and overall success by facing and concentrating on our daily studies and income—generating opportunities. We build faith in ourselves and hope for our future.

**10. Connect to our bodies and nature**—We become deeply connected to our bodies and fully enjoy all of our senses. We meet our body's basic needs for rest, sleep, exercise, and good nutrition. We regularly spend time outdoors enjoying the nourishment and beauty of the natural world.

**11. Physical health**—With less time in front of screens and constant media stimulation, we experience greater physical and mental health.

**12. Sanity has returned**—Eventually, withdrawal and detoxification symptoms pass, and we gain freedom from the mental obsession and cravings of media. "If tempted [by media], we recoil from it as from a hot flame. We react sanely and normally, and we will find that this has happened automatically. We will see that our new attitude toward [media] has been given us without any thought or effort on our part. It just comes! That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality—safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition." (Quotation is modified for media addicts and taken from pages 84-85 of the Big Book of A.A.)

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## 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 6 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 6 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:” \_\_\_\_\_. You might also want to use any of the readings we’ve shared today for inspiration.
- 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. (Pass)

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I now invite you to mute your volume and join us in a silent meditation for six 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)

# MEDITATION IN PROGRESS

Follow along, or mute to sit quietly on your own



## 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

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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 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 the writing period so its visible to late arrivers)

[https://recoveredfrom.com/wp-content/uploads/2020/09/Hay-Bhagavan...instrumental\\_256k.mp3](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

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*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 community?
- 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 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.org](http://mediaaddictsanonymous.org)) 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.)

## BUSINESS MEETING FORMAT FOR MAA TWO-WAY PRAYER MEETING SUNDAY 1PM

All say the Serenity Prayer •

Ask for a timekeeper •

Chair announces that the meeting duration is 20 minutes with the possibility of two five-minute extensions and asks the time-keeper to give notice when nearing the time limit.

Procedures:

MAA Business Meetings follow parliamentary procedures outlined in Robert's Rules of Order.

Some basic procedures are:

When new motions are made, they must be seconded, then followed with discussion. The chair then calls for a vote ("calls the question"). If someone other than the chair calls the question, this must be voted on before the motion itself is voted on. A motion to adjourn the meeting, if seconded, must be voted on immediately, without discussion. Voting in this MAA meeting is conducted like this: When the chair asks "All in favor?", participants reply one at a time, adding the consecutive-order number of their vote, i.e., "Yea – one", "Yea - two", etc. Similarly, when the chair asks "All opposed?", participants reply one a time adding the consecutive-order number of their vote, i.e., "Nay – one", "Nay - two", etc. Alternatively, voters speak their own first names rather than the number.

- Reports:
  - Secretary's minutes of the previous meeting
  - Other reports
  
- Filling of Service Positions (use positions sheet)
  1. Weekly meeting moderator; chair will book one moderator per week for the number of weeks in the following month.
  2. Weekly tech support as needed( moderators can choose to be their own tech support or a separate person can be booked for each week)
  3. Business Meeting Chair (3 month position)
  4. Business Meeting Secretary (3 month position)
  5. Contact person listed on MAA website- Requirement is to be a home group member and have been attending for at least 3 months.
  6. GSR (1 year position if and when it becomes applicable)
  
- Old Business (anything left unresolved in the previous meeting)

\*Old business will be dropped after 2 meetings if the person bringing the topic is not present to speak on it. ( per group conscious 7/31/22)

- New Business
- Adjournment
- All say the Serenity Prayer