

“Our Great Hope Big Book Step Study” Meeting
of Media Addicts Anonymous
Every Sunday from 11 am until 12 pm ET

<https://us02web.zoom.us/j/88166839368?pwd=UkV5YzRKbFJCUm5MOG5YYnh4eG9zQT09>

Zoom ID: 881 6683 9368

Passcode: 987162

Notes to Moderator:

1. *For information on which Step we are covering on any given date, please refer to the speaker sign-up sheet:*

W *MAA Sunday 11 AM Our Great Hope Meeting SPEAKER SIGN-UP 2024.docx*

2. *Read the **BLACK** and **UN-ITALICIZED** parts of the script only.*
3. *The Tech Host will do the screensharing of the Big Book and “A Vision for You”.*

Greeting:

Welcome to the Sunday morning Our Great Hope Big Book Step Study meeting of Media Addicts Anonymous. My name is _____ and I am a recovering media addict. Let's start the meeting with a full minute of silence. *(Time the silence period for one full minute)*

Serenity Prayer:

Will all those who wish to please unmute your microphone 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.

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, film, radio, newspapers, magazines, books, and music. We use A.A.'s Twelve Steps and Twelve Traditions, as adapted for Media Addicts Anonymous, as our program of recovery and use 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 with us today? Please unmute your microphone and tell us your first name, and if you're comfortable, your location, so we may 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 with speakers and learn more about the MAA program. We will have time for fellowship after the meeting ends and will answer any questions you may have at that time.

On the second Sunday of the month, we hold our monthly business meeting after the meeting, instead of fellowship time.

Who would like to serve as newcomer greeter after the meeting? Thank you ___*(name)*___ for your service.

Meeting Focus:

This is a Big Book Step Study meeting. First, we start with a reading from the Big Book of Alcoholics Anonymous. This is followed by a speaker, who will share their experience, strength and hope on today's Step for up to 15 minutes. Then we open the meeting up to individual shares on this Step.

This meeting will last approximately one hour, depending on the number of participants. 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 in the chat for outreach. Please stay muted when not speaking and turn your camera off when moving around, eating,

smoking, driving, etc. Otherwise we keep our cameras on throughout the meeting to promote a sense of connection and unity.

(See the weekly schedule in the speaker sign-up sheet for today's Step and reading)

Today's Reading:

Today we are on Step *(number)*: *(Read today's Step. See list at end of document.)*

We will be reading from the Big Book beginning on page *(number)* paragraph *(number)* and ending on page *(number)* paragraph *(number)*.

(Moderator decides whether to have readers read one or two pages, or one or two paragraphs.)

Each reader will now read approximately *(number)* pages/paragraphs. We ask that you not introduce yourself during the reading but wait until the sharing portion of the meeting to do so. Once you're done reading, please say "Pass." If you would like to read, please raise your hand and wait to be called. Please note that throughout our meeting, when A.A. literature is read, in compliance with A.A.'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*. I will now call on people who have raised their hand to read. When everyone has read, we will go back to the first person who read until the reading is concluded. *(After each reading, if no hands are raised, say something like "Who would like to read next?" or "Would someone like to read?")*

(The Tech Host starts screen sharing now. Call on readers in the order they raised their hands. When reading is completed:) Thank you all for reading.

Timekeeper:

Who would like to give service as timekeeper today? Please raise your hand. *(Wait for a volunteer.)* Thank you *(name)* for being our timekeeper today.

Speaker:

(If someone has already signed up to speak today:) Our speaker today is *(name)* . They will have up to 15 minutes to share their experience, strength, and hope with respect to today's Step. *(speaker's name)* , how would you like our Timekeeper to keep time for you? *(Wait for time-keeping instructions.)*

(If there is no scheduled speaker, read the following:) Is anyone willing to do service today by speaking for up to 15 minutes on your experience, strength, and hope on today's Step?

 (speaker's name) , you may begin sharing now.

(After the speaker completes their qualification:) Thank you, ___(speaker's name)___ for your qualification.

Open Sharing:

(The time for sharing will be at the moderator's discretion: three, four, or five minutes depending on the number of participants.)

We will now open the floor for individual sharing by members. Today each member will have ___ minutes to share. Would the timekeeper ___(name)___ please let members know when there is one minute left to share and when time is up.

If you wish to share, we ask that you raise your hand. Please limit your share to ___ minutes and focus your share on today's Step. When one minute is left, please acknowledge the timekeeper by saying, "Thank You," and please wrap up quickly when time is up.

We do not engage in crosstalk, 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 your addictive media. 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. The moderator will gently remind members to adhere to these guidelines, when necessary.

You MAY comment on the lead share if there was a qualification today.

(If time remains after everyone, including the moderator, has shared, then ask if anyone has anything else they would like to add.)

(Begin wrapping up at 11:55 AM.) Thank you all for sharing.

Wrap Up:

That's all the time we have for today. If you would like to put your contact information in the chat for outreach, you can do so now. Please also note in the chat if you are available to sponsor or if you need a sponsor. If you did not have a chance to read or share at this meeting, you can share at the next meeting. We hope you will all come back.

Announcements:

We don't have a moderator for the month of _____. If anyone would like to give service as Meeting Moderator for that month or any of the following months, please raise your hand now, attend our next business meeting, or contact the current Meeting Moderator. *(If someone volunteers, say:)* Thank you, ___(name)____. We appreciate your service.

Also, if anyone would like to give service by qualifying for up to 15 minutes on a specific Step at an upcoming meeting, we ask that you please contact one of the regulars at this meeting, so we can get you signed up in our speaker schedule.

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.

Final Reading:

Who would like to read A Vision For You from Page 164 in the Big Book? Our Tech Host will share the screen.

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 [God] in your morning meditation what you can do each day for the [person] 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 [God] 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 [God] 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.

Thank you, ___(name)___, for reading.

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 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.

I'd like to thank everyone for joining us today and for giving service, including our speaker ___(name)___, our readers, and our Timekeeper and our Tech Host. Thank you for allowing me to give service by moderating today's meeting.

Closing Prayer:

Please unmute your mics 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.

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)

The 12 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.*