

# Spiritual Awakening Meeting of MAA

Every Tuesday from 8:00 am until 8:30 am (Eastern time)

Zoom ID: 881 6683 9368

Passcode: 987162

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

Notes to Moderator: Please make sure you are on Zoom 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. Be sure to have the MAA Zoom Host code to enable screen sharing. You may assign co-host privileges to a Tech Host, if available, to share screen.

Before the meeting starts, if some folks are connected, ask for volunteers to do service:

- Readers
- Daily Reflection (see below)
- Closing - "A Vision For You"
- Timekeeper

Asking for volunteers before the meeting starts leaves more time for shares. In addition, it fosters a more service-oriented environment whereby committed members will seek to connect to the meeting a touch earlier to get a service position.

Only the readings are screen-shared. As per the group conscience on 3/21/2023, the script itself is not screen-shared.

## Introduction / Meeting Focus:

Welcome to the Spiritual Awakening meeting of Media Addicts Anonymous. My name is \_\_\_\_\_ and I am a media addict in recovery. This is a 30 minute meeting and will be followed by fellowship time where we may greet newcomers to MAA and any answer questions you may have. Let us begin our meeting with a moment of silence for the still suffering media addict both inside and outside these rooms.

## 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.

### **Newcomer Welcome:**

Are there any newcomers to this meeting? If so, please feel free to un-mute and introduce yourself by telling us your name and if you feel comfortable, your location, so we can welcome you.

Pause and wait.

If there are newcomers, carry on with: 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.

Who would be willing to serve as the Fellowship Host after the close of the meeting?

### **Meeting:**

Will \_\_\_\_ please unmute and read today's reflection?

Tech host: i) shares the screen with <https://www.hazeldenbettyford.org/thought-for-the-day> and ii) copy-pastes the entire reading into the chat.

Thank you, \_\_\_\_!

### **Sharing:**

The length of the shares is 2 minutes (as per group conscience 16 April 2024). If no timekeeper was assigned at the beginning of the meeting, ask if anyone would like to volunteer to be a timekeeper. If nobody volunteers, the moderator serves as a timekeeper.

We will now open the meeting for general sharing. Please note that we avoid crosstalk, which we define as interrupting, giving advice, making suggestions, directly

addressing another speaker, or commenting on another person's share. Individuals may share for up to 2 minutes and when time is called please wrap up quickly.

Timekeeper, will you please let the person sharing know when 2 minutes are up?

The floor is open. Please raise your virtual hand on Zoom if you would like to share.

The moderator calls on people who have their virtual hand up in the order that they raised their virtual hand.

At approximately 8:26am ET... 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.

Moderator reads the 7th Tradition announcement and posts it into the chat.

**Seventh 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 website. Contributions can be made on our website (or using the direct link below). 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.

7<sup>th</sup> Tradition PayPal link: <https://bit.ly/3IRUYcy>

Website: <https://www.mediaaddictsanonymous.org> (we have meetings every day)

This meeting's business meeting is on the third Tuesday of each month. Are there any other announcements for the good of MAA?

The moderator keeps track of discussion items for the business meeting. As the meeting grows, this process can be streamlined further.

If "A Vision For You" reader volunteered at the beginning of the meeting, ask them to unmute and read. Otherwise, ask for a volunteer to read the "A Vision For You" on page 164 in the Big Book.

Will \_\_\_\_ please unmute and read "A Vision For You?" on page 164 in the Big Book?

or

Who would be willing to read the "A Vision For You" on page 164 in in the Big Book?

Share screen (next page):

## **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.

Let's take a moment of silence for a brief prayer for the still suffering media addict both inside and outside these rooms.

Pause for about 10 seconds.

Let's close with 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!

We will now turn the meeting over to the Newcomer Greeter.

If somebody volunteered to be the fellowship host, turn the meeting over to them and make them a Zoom Host. This is a time when we greet newcomers and answer questions, ask if there are any questions from anyone else who wishes to stay after the meeting for a while, or engage in general fellowship. Suggested fellowship time is 15-20 minutes, but this is at the discretion of the volunteer hosting the post-meeting fellowship time.

**If this is the 3rd Tuesday, proceed with the business meeting instead of fellowship time.**