

MAA Our Great Hope Big Book Step Study Meeting Format

Sunday Morning 11:00 am to 12:00 pm ET

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

Zoom ID: 881 6683 9368

Passcode: 987162

Moderator: For information on which Step we are covering on any given date, please refer to the chart at bottom of this document.

To screen share the AA Big Book reading, go to Media Addicts Anonymous' home page and click on Intergroups. Then, click on Month One. Enter password: couragetochange. Next, open the AA Big Book 4th Edition PDF document listed in the top row (Pre-Commitment Assignments).

Greeting: Welcome to the Sunday morning Our Great Hope Big Book Step Study meeting of Media Addicts Anonymous. My name is *(name)*, 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.)*

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 keep your camera on, if possible, to promote a sense of connection and unity.

Moderator: See the weekly schedule at the end of the document 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.)*

Moderator: Be prepared to share the screen at the appropriate Big Book page.

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?")*

Moderator: Begin screen sharing now and call on readers in the order they raised their hands. When reading is completed, stop screen sharing.)

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, (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. 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. *(Moderator: Copy link into the chat: <https://mediaaddictsanonymous.org/donate>).*

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? I will share the screen. *(Start screen sharing.)*

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 Him in your morning meditation what you can do each day for the man 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 Him 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 Him 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.

(Stop screen sharing.)

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 mention Document Scroller if applicable*). 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.*

MAA's Our Great Hope Sunday 11 AM Step Study Meeting Weekly Format

Week #	Date	Step # & Part	Chapter/Title	Pages	End reading at ...	Page length
Step 1: "We admitted we were powerless over alcohol, that our lives had become unmanageable."						
1	01/07	S1 Pt 1	The Doctor's Opinion	xxv – xxxii	All	7 ½ pp.
2	01/14	S1 Pt 2	Ch 3: More About Alcoholism	30 – 37	Stop at end of 2 nd paragraph: "... proportion, of the ability to think straight, be called anything else."	7 ½ pp.
3	01/21	S1 Pt 3	Ch 3: More About Alcoholism	37 – 43	Start at 2 nd full paragraph: "You may think this an extreme case."	7 pp.
Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."						
4	01/28	S2 Pt 1	Ch 2: There Is a Solution	17 – 25	Stop at end of 1 st paragraph: "So many want to stop but cannot."	7 ¼ pp.
5	02/04	S2 Pt 2	Ch 2: There Is a Solution Appendix II: Spiritual Experience	25 – 29 567	Start at 2 nd paragraph and stop at end of page 29. Then read Appendix II	7 pp.
6	02/11	S2 Pt 3	Ch 4: We Agnostics	44 – 51	Stop at end of 1 st paragraph: "... they present a powerful reason why one should have faith."	7 pp.
7	02/18	S2 Pt 4	Ch 4: We Agnostics	51 – 57	Start at 2 nd full paragraph: "This world of ours has made more material progress"	6 ¾ pp.
Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."						
8	02/25	Step 3	Ch 5: How It Works	58 – 64	Stop at the end of 1 st paragraph: "So we had to get down to causes and conditions."	6 ¼ pp.
Step 4: "Made a searching and fearless moral inventory of ourselves."						
9	03/03	S4 Pt 1	Ch 5: How It Works Resentment Inventory	64 – 67	Start on p. 64, 1 st full paragraph: "Therefore, we started upon" Stop on p. 67, end of 3 rd paragraph: "We admitted our wrongs honestly and were willing to set these matters straight."	3 ½ pp.
10	03/10	S4 Pt 2	Ch 5: How It Works Fear Inventory	67 – 68	Start on p. 67, last paragraph: "Notice that the word 'fear' is bracketed alongside the" Stop on p. 68, 2 nd to last paragraph: "At one, we commence to outgrow fear."	4 §§
11	03/17	S4 Pt 3	Ch 5: How It Works Sex Inventory	68 – 71	Start on p. 68 at last paragraph: "Now about sex" Stop at end of p. 71.	3 pp.

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Week #	Date	Step # & Part	Chapter/Title	Pages	End reading at ...	Page length
Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."						
12	03/24	Step 5	Ch 6: Into Action	72 – 75	Start at beginning of p. 72. Stop at end of p. 75.	4 pp.
Step 6: "Were entirely ready to have God remove all these defects of character."						
Step 7: "Humbly asked Him to remove of our shortcomings." Note: Steps 6 & 7 are read together.						
13	03/31	Steps 6 & 7	Ch 6: Into Action	76	The first two paragraphs on p. 76	2 §§
Step 8: "Made a list of all persons we had harmed and became willing to make amends to them all."						
Step 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others."						
14	04/07	Steps 8 & 9	Ch 6: Into Action	76 – 84	Start on p. 76, 3 rd paragraph: "Now we need more action, without which" Stop on p. 84, 3 rd paragraph: "They will always materialize if we work for them."	8 pp.
Step 10: "Continued to take personal inventory and when we wrong promptly admitted it."						
15	04/14	Step 10	Ch 6: Into Action	84 – 85	Start on p. 84, 3 rd paragraph: This thought brings us to Step Ten, which suggests" Stop on p. 85, last sentence: "But we must go further and that means more action."	4 pp.
Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."						
16	04/21	Step 11	Ch 6: Into Action	85 – 88	Start on p. 85, last paragraph: "Step Eleven suggests prayer and meditation." Stop at end of p. 88.	2 ½ pp.
Step 12: "Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."						
17	04/28	S12 Pt 1	Ch 7: Working with Others	89 – 96	Start at top of p. 89. Stop on p. 96, end of 1 st paragraph: "... he might have deprived many others, who have since recovered, of their chance."	7 ½ pp.
18	05/05	S12 Pt 2	Ch 7: Working with Others	96 – 103	Start on p. 96 at 2 nd paragraph: "Suppose now you are making your second visit to a" Stop at end of p. 103.	7 pp.

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Week #	Date	Step # & Part	Chapter/Title	Pages	End reading at ...	Page length
Step 1: "We admitted we were powerless over alcohol, that our lives had become unmanageable."						
19	05/12	S1 Pt 1	The Doctor's Opinion	xxv – xxxii	All	7 ½ pp.
20	05/19	S1 Pt 2	Ch 3: More About Alcoholism	30 – 37	Stop at end of 2 nd paragraph: "... proportion, of the ability to think straight, be called anything else."	7 ½ pp.
21	05/26	S1 Pt 3	Ch 3: More About Alcoholism	37 – 43	Start at 2 nd full paragraph: "You may think this an extreme case."	7 pp.
Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."						
22	06/02	S2 Pt 1	Ch 2: There Is a Solution	17 – 25	Stop at end of 1 st paragraph: "So many want to stop but cannot."	7 ¼ pp.
23	06/09	S2 Pt 2	Ch 2: There Is a Solution Appendix II: Spiritual Experience	25 – 29 567	Start at 2 nd paragraph and stop at end of page 29. Then read Appendix II	7 pp.
24	06/16	S2 Pt 3	Ch 4: We Agnostics	44 – 51	Stop at end of 1 st paragraph: "... they present a powerful reason why one should have faith."	7 pp.
25	06/23	S2 Pt 4	Ch 4: We Agnostics	51 – 57	Start at 2 nd full paragraph: "This world of ours has made more material progress"	6 ¾ pp.
Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."						
26	06/30	Step 3	Ch 5: How It Works	58 – 64	Stop at the end of 1 st paragraph: "So we had to get down to causes and conditions."	6 ¼ pp.
Step 4: "Made a searching and fearless moral inventory of ourselves."						
27	07/07	S4 Pt 1	Ch 5: How It Works Resentment Inventory	64 – 67	Start on p. 64, 1 st full paragraph: "Therefore, we started upon" Stop on p. 67, end of 3 rd paragraph: "We admitted our wrongs honestly and were willing to set these matters straight."	3 ½ pp.
28	07/14	S4 Pt 2	Ch 5: How It Works Fear Inventory	67 – 68	Start on p. 67, last paragraph: "Notice that the word 'fear' is a bracketed alongside the" Stop on p. 68, 2 nd to last paragraph: "At one, we commence to outgrow fear."	4 §§

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Week #	Date	Step # & Part	Chapter/Title	Pages	End reading at ...	Page length
29	07/21	S4 Pt 3	Ch 5: How It Works Sex Inventory	68 – 71	Start on p. 68 at last paragraph: "Now about sex" Stop at end of p. 71.	3 pp.
Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."						
30	07/28	Step 5	Ch 6: Into Action	72 – 75	Start at beginning of p. 72. Stop at end of p. 75.	4 pp.
Step 6: "Were entirely ready to have God remove all these defects of character."						
Step 7: "Humbly asked Him to remove our shortcomings." Note: Steps 6 & 7 are read together.						
31	08/04	Steps 6 & 7	Ch 6: Into Action	76	The first two paragraphs on p. 76	2 §§
Step 8: "Made a list of all persons we had harmed and became willing to make amends to them all."						
Step 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others."						
32	08/11	Steps 8 & 9	Ch 6: Into Action	76 – 84	Start on p. 76, 3 rd paragraph: "Now we need more action, without which" Stop on p. 84, 3 rd paragraph: "They will always materialize if we work for them."	8 pp.
Step 10: "Continued to take personal inventory and when we wrong promptly admitted it."						
33	08/18	Step 10	Ch 6: Into Action	84 – 85	Start on p. 84, 3 rd paragraph: This thought brings us to Step Ten, which suggests" Stop on p. 85, last sentence: "But we must go further and that means more action."	4 pp.
Step 11: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."						
34	08/25	Step 11	Ch 6: Into Action	85 – 88	Start on p. 85, last paragraph: "Step Eleven suggests prayer and meditation." Stop at end of p. 88.	2 ½ pp.
Step 12: "Having had a spiritual awakening as a result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."						
35	09/01	S12 Pt 1	Ch 7: Working with Others	89 – 96	Start at top of p. 89. Stop on p. 96, end of 1 st paragraph: "... he might have deprived many others, who have since recovered, of their chance."	7 ½ pp.
36	09/08	S12 Pt 2	Ch 7: Working with Others	96 – 103	Start on p. 96 at 2 nd paragraph: "Suppose now you are making your second visit to a" Stop at end of p. 103.	7 pp.

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Step 1: "We admitted we were powerless over alcohol, that our lives had become unmanageable."						
37	09/15	S1 Pt 1	The Doctor's Opinion	xxv – xxxii	All	7 ½ pp.
38	09/22	S1 Pt 2	Ch 3: More About Alcoholism	30 – 37	Stop at end of 2 nd paragraph: "... proportion, of the ability to think straight, be called anything else."	7 ½ pp.
39	09/29	S1 Pt 3	Ch 3: More About Alcoholism	37 – 43	Start at 2 nd full paragraph: "You may think this an extreme case."	7 pp.
Step 2: "Came to believe that a Power greater than ourselves could restore us to sanity."						
40	10/06	S2 Pt 1	Ch 2: There Is a Solution	17 – 25	Stop at end of 1 st paragraph: "So many want to stop but cannot."	7 ¼ pp.
41	10/13	S2 Pt 2	Ch 2: There Is a Solution Appendix II: Spiritual Experience	25 – 29 567	Start at 2 nd paragraph and stop at end of page 29. Then read Appendix II	7 pp.
42	10/20	S2 Pt 3	Ch 4: We Agnostics	44 – 51	Stop at end of 1 st paragraph: "... they present a powerful reason why one should have faith."	7 pp.
43	10/27	S2 Pt 4	Ch 4: We Agnostics	51 – 57	Start at 2 nd full paragraph: "This world of ours has made more material progress"	6 ¾ pp.
Step 3: "Made a decision to turn our will and our lives over to the care of God as we understood Him."						
44	11/03	Step 3	Ch 5: How It Works	58 – 64	Stop at the end of 1 st paragraph: "So we had to get down to causes and conditions."	6 ¼ pp.
Step 4: "Made a searching and fearless moral inventory of ourselves."						
45	11/10	S4 Pt 1	Ch 5: How It Works Resentment Inventory	64 – 67	Start on p. 64, 1 st full paragraph: "Therefore, we started upon" Stop on p. 67, end of 3 rd paragraph: "We admitted our wrongs honestly and were willing to set these matters straight."	3 ½ pp.
46	11/17	S4 Pt 2	Ch 5: How It Works Fear Inventory	67 – 68	Start on p. 67, last paragraph: "Notice that the word 'fear' is a bracketed alongside the" Stop on p. 68, 2 nd to last paragraph: "At one, we commence to outgrow fear."	4 §§

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Week #	Date	Step # & Part	Chapter/Title	Pages	End reading at ...	Page length
48	12/01	S4 Pt 3	Ch 5: How It Works Sex Inventory	68 – 71	Start on p. 68 at last paragraph: "Now about sex" Stop at end of p. 71.	3 pp.
Step 5: "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs."						
49	12/08	Step 5	Ch 6: Into Action	72 – 75	Start at beginning of p. 72. Stop at end of p. 75.	4 pp.
Step 6: "Were entirely ready to have God remove all these defects of character."						
Step 7: "Humbly asked Him to remove our shortcomings." Note: Steps 6 & 7 are read together.						
50	12/15	Steps 6 & 7	Ch 6: Into Action	76	The first two paragraphs on p. 76	2 §§
Step 8: "Made a list of all persons we had harmed and became willing to make amends to them all."						
Step 9: "Made direct amends to such people wherever possible, except when to do so would injure them or others."						
51	12/22	Steps 8 & 9	Ch 6: Into Action	76 – 84	Start on p. 76, 3 rd paragraph: "Now we need more action, without which" Stop on p. 84, 3 rd paragraph: "They will always materialize if we work for them."	8 pp.
Step 10: "Continued to take personal inventory and when we wrong promptly admitted it."						
52	12/29	Step 10	Ch 6: Into Action	84 – 85	Start on p. 84, 3 rd paragraph: This thought brings us to Step Ten, which suggests" Stop on p. 85, last sentence: "But we must go further and that means more action."	4 pp.