

Media-free Sunday Funday Group
Speaker and Media Replacement Show and Tell Meeting of Media Addicts Anonymous
Every Sunday from 4:00-5:00PM EST
Zoom ID: 881 6683 9368 – Passcode: 987162

Moderator: Arrive 10 minutes early to greet members and have the script ready. If you claim host, be sure to please assign a co-host before the start of the meeting.

*Reminder: it is your responsibility to schedule a **minimum of one speaker** each month. Other meetings can be open sharing in the event you're not able to secure a speaker.*

Two readings will be shared on the screen during the meeting. You may ask individuals before the start of the meeting if they are willing to be readers.

If someone interrupts the meeting and wants to change the meeting format, you may say, "Gentle reminder: It is the role of the Moderator to follow the meeting format and to handle anything that comes up during the meeting."

Greeting: Welcome to the one-hour media replacement meeting of Media Addicts Anonymous. This is a show and tell meeting where we begin with a speaker, followed by open group sharing. My name is (name), and I am a recovering member of MAA. I will be your moderator today. At any time during the meeting, you may press unmute to speak but please keep your mic muted at all other times. Please keep your camera on, if possible, to promote a sense of connection and unity.

Serenity Prayer: Will those who wish to, 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 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? Please un-mute yourself and tell us your name and location, so we can welcome you. (*Pause and wait for newcomers to respond*) We are glad you are here! We suggest 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 greet our newcomers informally. We can also answer any questions you may have about what recovery looks like in MAA and how to get started. Everyone is invited!

Meeting Focus: This meeting will last one hour and is focused on the Media Replacement Plan aspect of our recovery. This is a show and tell meeting where we get to build the muscle of creativity and practice expressing joy amongst our fellows! We start with the *Twelve Steps of Media*

Addicts Anonymous as well as Tool 5 of the *Tools of Action for Media Addicts*. At least one meeting per month, we have a 10-20 minute qualification by a member who has been fasting from their addictive media for **at least one month**. This is an opportunity for them to share their experience, strength, and hope by featuring something from their Media Replacement Plan. Then we will open the meeting to shares focusing on items from your Media Replacement Plan. This is a space for us to learn together how to create true fun and build a fulfilling life without media. At the end of the meeting, after the Serenity Prayer and before the fellowship time, we will have one minute of optional joyful dance.

(Meeting Leader: Only read the following paragraph if you did not secure readers prior to the start of the meeting.)

Readings: I need two volunteers to serve as readers for this meeting. We will share the readings on the screen. Who would like to give service by reading today? Please raise your hands, and I will take two names. *(Name)* would you please read *The Twelve Steps of Media Addicts Anonymous*.

The Twelve Steps of Media Addicts Anonymous

Here are the steps we took, which are suggested as a program of recovery:

- 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.*

Besides working the Twelve Steps as outlined in the *Big Book of Alcoholics Anonymous*, we also apply the *Tools of Action for Media Addicts* to help create and maintain a strong media recovery program.

Please go to our website for more detailed information on how to work these Tools at www.mediaaddictsanonymous.org/tools.

(Name), would you please read Tool 5 of MAA's *Tools of Action for Media Addicts*?

Tool 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. *(Reader, continue reading.)*

Here are some examples:

A. Fun, Pleasure, and Relaxation

We write lists of things we love to do for fun, relaxation, and pleasure and post it where we can see it. We share this plan with our sponsor or media sobriety action partner and use these activities daily in place of our electronic media.

B. Connection and Play

We schedule time in our week for play and community. We have often used electronic media as a substitute for true recreation and human connection. We become willing to learn how to play and have more fulfilling relationships with others. When we are with others, we turn off our electronic media and focus on our loved ones.

C. Brain Health Awareness

We exercise our mind in healthy ways whether through study, moderate reading, journaling, or meaningful conversations. We read things that require thought and effort. We may also take classes or workshops to expand our interests and knowledge. We find ways to keep our minds sharp by memorizing phone numbers, poems, etc.—things we used to do before smart phones.

D. Creativity

We take time to nourish our own creativity. This may include participating in artistic endeavors such as writing, visual arts, music, theater, dance, singing, etc., or we may direct that creative process toward whatever endeavors fulfill us.

Thank you for all reading.

Timekeeper: Who would like to give service today by being a Timekeeper? Please raise your hand, and I will call on you. *(Wait for volunteer.)* Thank you!

(If there is no Speaker lined up, you may ask if someone wishes to qualify for 10-20 minutes:)

Our speaker, *(name)*, will now qualify for 10-20 minutes. Afterwards, we will open the meeting for anyone who wishes to share. *(Name)*, how would you like your time kept by the timekeeper? Timekeeper, please let our speaker know when ___ minutes are up and when their qualification has ended.

(Speaker now qualifies.)

Thank you, *(Name)*, for sharing your experience, strength, and hope with us.

Open Sharing:

We will now open the meeting for sharing. We ask members to focus on featuring an item of your Media Replacement Plan that includes A) Fun, Pleasure, or Relaxation; B) Connection and Play; C) Brain Health Awareness; and/or D) Creativity, or simply share what is current for you in building the Media Replacement aspect of your recovery.

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, specific content of your addictive media, or make reference to current events. **You MAY comment on the lead share if there was a qualification today.**

Timekeeper, can you please let the person sharing know when two minutes are up and again at three minutes? Please acknowledge the timekeeper's warning at two minutes by saying, "Thank you," and at three minutes, please wrap up quickly.

If you want to share, please clearly raise your hand on the screen and wait to be called, then unmute yourself. Tell us your name, and, if you're comfortable, your location. This helps to facilitate connection and outreach.

(Wrap up at 57 minutes.)

A. MODERATOR: IF THIS IS NOT THE THIRD SUNDAY:

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 immediately after the meeting.

If today is a Speaker Meeting, read the following: (Name of Speaker), would you be willing to serve as newcomer greeter after the meeting? Great!

(If they can't OR if there was no Speaker today, say:) Who would like to volunteer to serve as newcomer greeter? (Name)? Great!

B. MODERATOR: IF THIS IS THE THIRD SUNDAY:

That's all the time we have for sharing today. We do not have fellowship time today, because it's the third Sunday of the month, when we hold our monthly business meeting. You can share at our next meeting. Please come back.

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 website at www.mediaadictsanonymous.org/donate. 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.

If you want to share your contact information in the chat for outreach, you can do that now. The chat can be saved on your computer or phone if you go to the three dots in the corner.

MAA's Promises:

Who would be willing to read today's featured promise from "*The Promises of MAA?*" The reading will be shared on the screen.

(Reader's name), please pick a number between one and 12. Great! Please read #__ of the MAA Promises. (Note: The Promises of MAA are at the end of this document.)

Announcements:

This group holds its business meeting on the third 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 on the third Sunday of the month! We also encourage members to volunteer to qualify and feature an activity from their Media Replacement Plan at a future Sunday meeting. Please contact today's leader if you would be willing to do so.

Are there any other MAA related announcements? *(Wait for 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. We do not take outside the meeting whom we hear at the meeting. If we try to absorb what we have heard, we are bound to gain a better understanding of the way to handle our problems and begin to change our lives. 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 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.

Moderator: Begin playing 1 minute of dance music using Zoom's music App and ask participants if they would like to participate in this optional joyful dance.

A. On every Sunday except the third one, please say:

I will now turn the meeting over to our newcomer greeter, (name).

B. If it IS the third Sunday of the month, when we have our business meeting, please say:

I will now turn the meeting over to our business meeting Chair, (name).

IMPORTANT: If you have claimed host, remember to assign it to the person hosting the fellowship time (or the business meeting Chair if it's the third Sunday of the month) before leaving Zoom.

The Promises of MAA

Signs and Symptoms of Media Recovery

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.)

(Fellowship/Newcomer Meeting ends 20 minutes after the meeting. The person hosting the fellowship time may assign Zoom host to another member if people wish to stay on beyond the 20 minutes.)