

**MAA Saturday Night Big Book Solution Meeting Format**  
**Saturday 8:00pm – 9:00pm ET**  
**Zoom ID: 881 6683 9368**  
**Passcode: 987162**

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

**Greeting:** Welcome to the Saturday Night Big Book Solution meeting of Media Addicts Anonymous. My name is \_\_\_(name)\_\_\_, and I am a recovering member of MAA. I will be your leader for tonight's meeting.

**Serenity Prayer:** Will all those who wish to, please un-mute yourself 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. Thy will not mine be done. Amen.*

**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 here today? Please un-mute yourself and tell us your name, so we can 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 and learn more about the program. There will be 20 minutes of fellowship time after the close of the meeting where newcomers can introduce themselves and ask questions. Everyone is invited! The only exception will be the 2<sup>nd</sup> Saturday of the month when we have our business meeting at this time.

**What is Media Addiction?** We of Media Addicts Anonymous see media addiction as an illness similar to alcoholism. Like drug and alcohol addiction, media addiction is both a physical and mental disease. The over-use of media can destabilize the media addict's brain and weaken our ability to stop using media when we need to move on or go to bed. Media also affects the pleasure center of the brain triggering a release of dopamine. Like drug addiction, more and more media is needed to induce the same pleasurable dopamine hit, eventually creating a dependency. Media addicts have little or no defense and repeatedly, and often unwillingly, succumb to the addiction.

**What is the solution?** We now know what we have to do to recover from media addiction. We must undergo a life-changing, spiritual transformation. "The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly harmonious action. The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized

our whole attitude toward life, toward our fellows, and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way that is indeed miraculous.”

**Meeting Focus:** This meeting will last one hour. 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 for outreach. Please keep your camera on, if possible, to promote a sense of connection and unity.

Can I please get a volunteer to read the Twelve Steps of Media Addicts Anonymous?

**[Leader: START SCREEN SHARING]**

### **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. (Pass)

**[Leader: STOP SCREEN SHARING HERE]**

## The Twelve Traditions of Media Addicts Anonymous

*(leader reads the tradition of the month)*

1. Our common welfare should come first; personal recovery depends upon MAA unity.
2. For our group purpose there is but one ultimate authority—a loving God as is expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for MAA membership is a desire to stop compulsively using media.
4. Each group should be autonomous except in matters affecting other groups or MAA as a whole.
5. Each group has but one primary purpose—to carry its message to the media addict who still suffers.
6. An MAA group ought never endorse, finance, or lend the MAA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every MAA group ought to be fully self-supporting, declining outside contributions.
8. Media Addicts Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. MAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Media Addicts Anonymous has no opinion on outside issues; hence the MAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

### Reading and Sharing:

This is a Big Book study. We will take turns reading one or two paragraphs at a time. After each reading, everyone is invited to share on that reading. There are no requirements to read or to share. Everyone is welcome to participate. We ask that you limit your shares to 3 minutes and focus your share on what has been read. There will be time to ask questions on media-related topics at the conclusion of the meeting during the fellowship time. Please note that throughout our meeting, when AA literature is read, in compliance with AA'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.

**Timekeeper:** Who would like to be our timekeeper today? *(wait for volunteer)* Thank you! Timekeeper, can you please let the person sharing know when two minutes are up and again at three minutes?

**Crosstalk:** We do not engage in crosstalk, which we define as interrupting, giving advice, making suggestions, directly addressing another speaker, or commenting on another person's share. We further ask that those who share keep to the subject at hand, avoiding outside issues, such as other 12-step programs, non-program-related literature, religious doctrines or philosophies. Please do NOT mention media titles or specific media content in your share.

We will start tonight on page \_\_\_\_\_, paragraph \_\_\_\_\_. If you would like to begin the reading, please raise your hand. *(after each reading or share, if no hands are raised, say something like "who would like to go next?" or "would someone like to share or read?")*

*(Begin wrapping up at 8:55 pm ET)*

**Wrap Up:** That's all the time we have for reading and sharing today. Next week we will start on page \_\_\_\_\_, paragraph \_\_\_\_\_. If you would like to put your contact information in the chat for outreach, you can do that now. If you did not have a chance to read or share at this meeting, you can share later during our fellowship time or at the next meeting. We hope you all will come back.

**Announcements:** Are there any 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.

**Newcomer Greeter:** Who would like to serve as newcomer greeter during our fellowship time after the meeting? Thank you.

*(Leader: Please make the Newcomer Greeter the Zoom meeting Host)*

I'd like to thank everyone for coming and for doing service today. Thank you for letting me be your leader. Our leader for next week will be     (name)    . *(if no one is scheduled, ask for a volunteer)*

**The Promises:**

Who would like to read the promises from pages 83-84 in the Big Book?

**[Leader: START SCREEN SHARING]**

## The Promises

**If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.**

**Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.**

**[Leader: STOP SCREEN SHARING HERE]**

**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.

**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 wisdom to know the difference. Thy will not mine be done. Amen.*

Thank you everyone for a great meeting.

*(Turn the meeting over to the newcomer greeter. If this is the 2<sup>nd</sup> Saturday, turn the meeting over to the business meeting chair)*