

Mid-Week Media-Free

One Hour Speaker Meeting
of Media Addicts Anonymous
Wednesday 7am (UK)

Zoom ID: 881 6683 9368 Passcode: 987162 Claim Host:

Notes to Moderator:

- Please be in the meeting at least 5 minutes early.
- Read the **BLACK** text, and keep the meeting clipping along so we have more time for shares. Text in **BLUE** should not be read aloud.
- If media content or current events are shared, please interrupt speaker as follows: "Sorry to interrupt, just a reminder to abstain from naming media titles or specific content and we're not going into details about current events or politics".

Notes to Tech Person:

- You will share this document and the Supplemental Reading document at appropriate times.
- Per group conscience, if someone is driving with the camera on, eject the individual by using the Remove button under the Participants tab.

GREETING

Welcome to this one-hour speaker meeting of Media Addicts Anonymous. My name is _____. I am a media addict and your moderator for this meeting.

SERENITY PRAYER

Please un-mute and join me in 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.

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 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 behaviour, and to develop strategies to improve our general quality of life.

Our primary purpose is to abstain from addictive media one day at a time and to carry the message of recovery to media addicts who still suffer.

WELCOME NEWCOMERS

Are there any newcomers to this meeting? Please 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 for newcomers to respond – if no newcomers jump to “Meeting Focus.”)

It is suggested you attend at least six meetings so that you have time to identify with the speakers, absorb the concepts, and learn more about the program.

MEETING FOCUS

To avoid distraction, we encourage you to:

- Put away all other devices
- Not use the chat
- Stay muted
- Turn off your camera if you need to move around

Driving a vehicle while using the phone is dangerous, and is not tolerated. Anyone doing so will be removed.

READINGS

I need two volunteers to be readers for this meeting. Who would like to give service by reading today? [Take two names]

To recover from media addiction, MAA utilizes the Twelve Steps, first developed by Alcoholics Anonymous.

[Name], will you 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.

Thank you for reading!

[Name], will you read the Sign and Symptom of both Media Addiction and Media Recovery, as well as the Tool of the Month?

[Tech Host: [Switch to Coordinating Month Document](#)]

Thank you for reading!

MAA has developed a number of tools to support our media recovery. For more information, visit the literature page of our website.

The Twelve Traditions of Media Addicts Anonymous

MAA's twelve traditions are also modeled on those of Alcoholics Anonymous. They apply to the life of the Fellowship itself and outline how we maintain our unity. I will now read the Tradition of the Month and the 12th Tradition.

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 Higher Power that may be 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 centres 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.

Timekeeper

Who will be our timekeeper for today? Thank you, [Name].

Speaker

Our speaker [Name] will now qualify for 15 minutes. Timekeeper, please let them know when 13 minutes are up and again when their qualification has ended.

Open Sharing

Thank you, [Name], for your qualification. The meeting is open for sharing.

Please avoid cross talk, which is defined as interrupting or directly addressing another speaker, commenting on someone's share, giving advice, or making suggestions.

Please abstain from naming media titles or specific content, and we don't go into details about current events and politics. If you forget I may need to interrupt you.

[Moderator determines length of shares based on attendance—3 or 4 minutes]

You will have three/four [moderator chooses] minutes to share. Timekeeper, will you please let the person sharing know when two/three minutes are up and again at three/four minutes when their share has ended?

Please acknowledge the timekeeper's warning and when time is called, wrap up your share quickly. Who would like to speak?

Wrap Up: 55 minutes

That's all the time we have for sharing today. If you did not have a chance to share, you can do so during fellowship time.

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 the MAA website.

Contributions can be made via 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.

Announcements

- Daily MAA meetings are listed on the website.
- This group has its business meeting on the last Wednesday of the month.

Are there any other MAA related announcements?

Who is willing to read the Step 9 Promises from page 83 in the Big Book?

The Step 9 Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway 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. (Pass)

Thank you [Name] for reading.

Number Exchange

If you are available for outreach, sponsorship, or as an action partner, write your telephone number in the chat, and include your country code.

Anonymity Statement

In closing, the opinions expressed here today are strictly those of the individuals who gave them. Who you see here, what you hear here, when you leave here, let it stay here.

Who is willing to serve as newcomer greeter for 15 minutes?

Closing

Let's unmute, have a moment of silence for the still suffering media addict, and then say 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 for a great meeting.

I will now turn it over to our Newcomer Greeter, [Name].

(Meeting ends at latest 20 minutes past the hour.)