

MAA Daily Program of Action Meeting

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Meeting Focus: Welcome to the MAA Daily Program of Action meeting. Taking inspiration from the MAA Preamble, we seek to reinforce a daily program of action using the Twelve Steps and the Twelve Tools of Media Addicts Anonymous. In this meeting, we read the steps, tools, and traditions, have a brief meditation on the first 3 steps, and then move directly to sharing. This is a daily meeting. We suggest that those who are currently struggling with sobriety consider making a personal commitment to attend this meeting regularly.

Is someone willing to read the MAA Preamble?

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 to MAA and to people new to this meeting. Are there any newcomers with us today? If so, 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 to MAA, then read the following:)* Welcome! We are glad you are here! We suggest you attend at least six Media Addicts Anonymous meetings so that you have time to 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. Who would like to serve as newcomer greeter after the meeting? Thank you (name) for your service.

Readings:

Is someone willing to read the Tools of Action for Media Addicts Anonymous? For the sake of time, the reader will read only the bolded titles of the tools, except for 3 tools of the reader's choosing that they may read the full description of.

Tools of Action for Media Addicts

1. **Go to meetings**—We attend MAA meetings to learn about media addiction, stop isolating, gain support, and identify with other recovering media addicts. Meetings are the platform we use to build a robust personal support network and a real sense of belonging. We encourage newcomers to attend 90 meetings in 90 days to jump-start their recovery.

2. **Give service**—Giving service right away is THE MASTER PLAN for finding success in getting and staying media sober. Service gives us immediate purpose and connection within our fellowship. We suggest that every newcomer and old-timer choose a home group and take on a service position. Any form of service, such as moderator, time-keeper, action partner, dashboard operator, etc., adds to the quality of our own recovery and helps us stay sober. Sponsoring and carrying the message to the media addict who still suffers is the cornerstone of our own personal recovery.

3. **Work with a sponsor**—A sponsor is a media-sober member of MAA who is working MAA's Steps and Tools to the best of their ability. We ask a sponsor to guide us through the Twelve Steps and assist us in staying media-sober. We work closely with our sponsor to discover what behaviors, emotions, situations, and circumstances trigger the "phenomenon of craving," and the things that may contribute to being out of control and compulsively using media.

4. **Fast from unnecessary media**—Fasting is an essential tool if someone sincerely desires relief from media addiction. It is the tourniquet we use to stop the bleeding. We strongly advocate fasting from unnecessary media long enough to break the compulsive cycle. By fasting from all media except what is necessary for work, school, or family needs, we see our media addiction with greater clarity, detoxify our minds and bodies from the overuse of media, and begin to connect to ourselves and others in deeper and healthier ways.

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.

6. Create a media withdrawal plan—When we stop using media, we find there is often a period of withdrawal and detoxification. A media withdrawal plan provides us with a strategy to get the help and support we need during early abstinence. A sponsor and/or action partner help provide tools and guidance in creating this personal plan.

7. Get an action partner and make outreach calls—We find it helpful to pair up with an action partner to help us stay accountable with our media usage on a regular basis. Media addiction isolated us from real people. We recover from loneliness and gain support by making frequent outreach calls to other media addicts. We use our support network to bookend our media use.

8. Prioritize sleep and body care—Our ability to get sober and stay sober from media includes getting proper rest and a good night's sleep. Therefore, we suggest setting a media curfew for ourselves along with a regular bedtime. We keep electronic media out of the bedroom. During the day, we stay connected to our bodies by eating nourishing food and getting proper exercise and fresh air.

9. Meditate—We regularly take time to meditate in order to feed our spirits in ways that media never could. Meditation helps us connect to a Power greater than ourselves which then trains our mind to turn to this Power rather than seek relief through media.

10. Read recovery literature—We regularly read and study MAA literature as well as the literature of Alcoholics Anonymous to deepen our understanding of addiction and the pathway to freedom and recovery.

11. Clarify through writing—When we write our thoughts down, it allows us to see our disease more clearly. Writing is an indispensable tool for working through our emotions. When we put our difficulties down on paper, it becomes easier to understand a situation and discern any necessary action.

12. Develop a media sobriety plan—After we have fasted and become media sober (i.e., abstinent from all unnecessary media) and taken all Twelve Steps with a sponsor, we work with our sponsor to create a media sobriety plan. This plan outlines our personal intentions for media usage. It is our unique guide to making media decisions, as it defines what, when, how, where, and why we use our devices. For many of us, our sobriety plan becomes a continuation of our media fast, that is, refraining from any unnecessary media. Ultimately, our media sobriety plan excludes any media that is our alcoholic (bottom line) media. We continue to re-evaluate our plan with our sponsor to stay media accountable and prevent relapsing.

Is someone willing to read the Twelve Steps of Media Addicts Anonymous?

The Twelve 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. (Pass)

And now can we hear the traditions of the day? (*Sunday 1&2; Monday 3&4; Tuesday 5&6; Wednesday 7&8; Thursday 9&10; Friday 11&12; Saturday – all 12 Traditions*)

The Twelve Traditions of Media Addicts Anonymous

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.

First 3 Steps Meditation: Please get yourself comfortable for a brief guided meditation. You may choose to close your eyes. Please consider your personal answers to these questions.

(reader pause 20 seconds between each question, copy and paste questions into the chat)

- What am I powerless over? (step 1)
- Am I willing to believe that a power greater than myself can restore me to sanity? and/or Am I willing to believe that a power greater than myself sees all of me and loves me just the same? (Step 2)
- Do I make a decision today to turn my will and my life over to the care of that power? What does turning my will over look like for the next 24 hours (How will I work my program today?) (Step 3)

Open Sharing: The meeting is now open for sharing. When you share, please tell us your name and, if you're comfortable, your location.

If you are new, you can introduce yourself and, if you feel comfortable, share what brought you to MAA. If you relate to another member's share, you are welcome to share along similar lines from your own experience, but please avoid cross-talk, which is directly referring to someone else's share and naming other people in the meeting in your share. Please avoid giving unsolicited feedback or advice. To keep this meeting safe and to avoid triggering addictive media use, we ask that you refrain from naming media titles, discussing specific media content, or making reference to current events. Please also refrain from making discriminatory or disparaging comments.

You may choose to share with the group how long you have been abstinent from your personal addictive media in your share. This is not done to shame or embarrass those who have recently slipped or relapsed, nor does it set one member above another. Rather, sharing our time of abstinence is a way to increase accountability and become honest about how well our current practice of MAA's program of recovery is working for us.

If you would like to share, please clearly raise your hand on the screen, or use the digital option for raising your hand, which can be found under reactions in the lower right corner of the Zoom screen.

If there are 4 or more people in the meeting, use 3-minute timer for shares

(Stop screen sharing now)

After all have shared, move to close out the meeting and resume screen sharing.

That's all the time we have for sharing.

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 the MAA website. 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.

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.

Gratitude's and Intentions:

It's now time where each member can state 1-2 gratitude's and also name an intentional action they will take for their recovery during the next 24 hours.

Close with the Serenity 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.

Keep coming back, it works if you work it, and it won't if you don't, so work it 'cause you're worth it!

Thank you everyone for a great meeting!

(Moderator turns the meeting over to the newcomer greeter, if there are newcomers)