

Happy, Joyous, and Media-Free

MAA's 2nd Anniversary

October 23, 2022

10 AM ET - 5:30 PM ET

Event Schedule

MORNING SESSION:

PLENARY MEETING

10AM - 10:15 AM

Serenity Prayer

Welcome/ Introduction to Day's events, what to expect, schedule, etc.

Event schedule will be posted in chat at all times during the day.

MUSICAL NUMBERS

10:15-10:30 AM [recorded]

MORNING PLENARY PANEL

10:30-10:50 AM [recorded]

*There is a Solution—members share their recovery on how they found the solution
Four Speakers- 5 minute qualifications*

BREAKOUT ROOMS - Choose 1 of 3

10:50 AM-11:55 AM

Morning Panels [recorded]

1. The Phenomenon of Craving: Your Brain on Media

Discussion on bridging brain science of media addiction and practical approaches to avoid falling prey to media's agenda

2. Media and Family Relationships

Discussion on how to implement media recovery tools and media awareness in families and relationships. How to live with other media addicts and still recover. How to work with children.

3. Saving Lives: Sobriety, Service and Sponsorship

Discussion of Why and How Service keeps us sober, with a focus on: sponsorship, healthy boundaries, carrying the message, types of service, and mindfulness.

PLENARY MEETING

12 noon-12:30 PM

Welcome back- 12 NOON

Open group sharing 12 noon-12: 30PM — Moderated

MEAL BREAK OR FELLOWSHIP

12:30-1PM

Room will stay open for fellowship

MAA WEEKLY MEETING

1 PM - 2 PM

Sunday Serenity 2-Way Prayer Meeting - Moderated

AFTERNOON SESSION:

PLENARY MEETING

2:10-2:30 PM

WELCOME BACK

MUSICAL NUMBER— [NOT recorded]

BREAKOUT ROOMS - Choose 1 of 3

2:35-3:25

Afternoon Panels [recorded]

1. Conscious Folks: In Our Hands to Change — Where millennials will take Media Recovery

A workshop on media in the life of youth; our experience, our problems and our solutions on how to "Be."

2. The Nuts and Bolts of Media Recovery

How do you create a media replacement plan or a media sobriety plan? Where do I start in my media recovery? This panel will cover the tools of recovery for Media Addicts Anonymous.

3. Emotional Sobriety: Lasting Freedom from the Bondage of Self

An Introduction - What is Emotional Sobriety and WHY is it important to your recovery? Why is Emotional Sobriety claimed to be the Next Frontier? Who is Dr. Harry Tiebout — his influence on Bill W, the understanding of addiction, and our 12 Step program of recovery.

**PLENARY MEETING
3:25-3:30PM**

WELCOME BACK

**AFTERNOON PLENARY PANEL [recorded]
3:30-3:50 PM**

A Vision For You—sharing on where you go from here, how you work your program.

4 Speakers, 5 minutes qualifications

**10 MINUTE BREAK
3:50-4PM**

**MAA WEEKLY MEETING - VERY SPECIAL ANNIVERSARY EDITION!
4 PM - 5 PM**

Media-free Sunday Funday Group

**5 MINUTE BREAK
5 PM - 5:05 PM**

**FINAL GATHERING
5:05 PM-5:30**

Welcome Back with the following:

- 7th tradition and announcements - Thank you's
- MUSICAL NUMBERS—[recorded]
- Happy Birthday to MAA, light candles
- Phone number exchange in the chat
- Serenity prayer
- Newcomer Questions