

**Thursday Morning Meditation Group  
Meditation Meeting of Media Addicts Anonymous  
Every Thursday 11am-12pm ET  
Zoom ID: 881 6683 9368 – Passcode: 987162**

*Notes to Moderator: Meeting leader, please Claim Host on Zoom (under participants) and assign a co-host before the start of the meeting. You may ask this person to do the screen sharing if you like. Arrive 5-10 minutes early to open all readings and prompts needed in the script. This meeting has **four readings**, so you may wish to ask for readers prior to the start of the meeting. This is optional. Do not share your screen with members until you see the prompts below in red.*

***On the last Thursday of the month when there is a speaker, eliminate reading MAA's Tools of Action to make more room for sharing.***

**Greeting:** Welcome to the one-hour Meditation Meeting of Media Addicts Anonymous. My name is (name), and I am a recovering member of MAA. I will be your moderator for today. At any time during the meeting, you may press unmute to speak but please keep yourself muted at all other times.

**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? If so, please feel free to 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 and learn more about our program. Every Thursday, except for the 2<sup>nd</sup> week of the month, we hold 20 minutes of fellowship time after the close of the meeting when we greet newcomers informally and answer any questions you may have; everyone is invited! We hold our business meeting on the 2<sup>nd</sup> Tuesday of each month.

**Meeting Focus:** This meeting will last one hour and is focused on the meditation component of the 11<sup>th</sup> Step which states, "*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."*

We start with readings, including MAA's 12 Steps, 12 Traditions, and 12 Tools, followed by a 20 minute silent meditation and then open group sharing. 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. Please keep your camera on, if possible, to promote a sense of connection and unity.

**Readings:** I need **4 volunteers** to be readers for this meeting. We will be sharing each reading on the screen. Who would like to give service by reading today?

MAA has adapted the Twelve Steps and Twelve Traditions, as developed by Alcoholics Anonymous, to help us recover from media addiction.

*[Name]*, will you please read The Twelve Steps of Media Addicts Anonymous?

*[Moderator: Start screen share here.]*

### **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)*

**Moderator:** Thank you.

*[Name]*, will you please read The Twelve Traditions of Media Addicts Anonymous?

### **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 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 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.*

Thank you.

Besides working the Twelve Steps as outlined in the Big Book of Alcoholics Anonymous, we also apply the following tools to help create and maintain a strong media recovery program.

We will now be reading the Tools of Action for Media Addicts. Please go to our website for more detailed information on how to work these tools at [www.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org).

*[Name]* could you please read the **bolded** portion of the Tools of Action for Media Addicts?

## **Tools of Action for Media Addicts**

*These actions support media sobriety*

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.

*[Stop screen sharing.]* Thank you all for reading.

**Timekeeper:** Who will be our timekeeper for today? *[Wait for volunteer.]* Thank you!

**Meeting Format:** MAA's Twelve Steps are a group of principles, spiritual in their nature, which if practiced as a way of life can expel the obsession to compulsively use media and enable the sufferer to become happily and usefully whole. This meeting came out of the conviction that regular practice of the 11<sup>th</sup> Step is essential for most recovering people to maintain long term sobriety and increased serenity. When practicing meditation together, this often adds an important dimension of shared connection. We also believe that some people are uncomfortable with the meditation aspect of this step and it may be useful to have a place where we can learn from each other and share our experience with the group.

Shortly, we will begin a silent 20 minute meditation followed by shares focusing on our experience or any insight or awareness you would like to share. We begin the meditation as suggested by Bill W in the 12 Steps and 12 Traditions. We read the St Francis Prayer twice, very slowly with reverence, savoring each word to take in the deep meaning of each phrase in order to assist us in deepening our practice of meditation. At the end of the meditation, the moderator will read the 7<sup>th</sup> Step Prayer.

On the last Thursday of the month, we will have a speaker *[chosen by the chairperson]* give a 10-15 minute lead where this person will share their experience, strength & hope as it pertains to the meditation aspect of their recovery, followed by the usual 20 minute meditation and sharing.

*[Moderator: If today is the Last Thursday of the month read the following section. Otherwise, skip to the "Meditation" section below.]*

**Speaker Qualification:** Our speaker, *[name]*, will now qualify for 10-15 minutes. Timekeeper, please let our speaker know when 8 minutes are up and when their qualification has ended.

Thank you, *[name]*, for sharing your experience, strength and hope with us.

**Meditation:**

We will now begin our **20-minute silent meditation** by reading **The St Francis Prayer**. Timekeeper, will you please start timing **now** for 20 minutes and let us know when time is up. Will you please acknowledge this request by saying, Yes.

*(Name)* could you please read The St. Francis Prayer twice, **very slowly with reverence**.

*[Moderator: Start screen share.]*

### **The St. Francis Prayer**

Lord, make me an instrument of thy peace!  
That where there is hatred, I may bring love.  
That where there is wrong, I may bring the spirit of forgiveness.  
That where there is discord, I may bring harmony.  
That where there is error, I may bring truth.  
That where there is doubt, I may bring faith.  
That where there is despair, I may bring hope.  
That where there are shadows, I may bring light.  
That where there is sadness, I may bring joy.  
Lord, grant that I may seek rather to comfort than to be comforted.  
To understand, than to be understood.  
To love, than to be loved.  
For it is by self-forgetting that one finds.  
It is by forgiving that one is forgiven.  
It is by dying that one awakens to Eternal Life.

*[Moderator: Once St Francis Prayer is complete, continue with screen share by scrolling down and displaying the **Meditation in Progress** screen.]*





*[Moderator: Please stop screen share and read the Seventh Step Prayer below.]*

**7<sup>th</sup> Step Prayer: (Read by Moderator)**

My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. Amen

**Open Sharing:**

We will now open the meeting for sharing. We ask members to focus on any insight or awareness from your meditation, or experience, strength and hope around 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 or specific content of your addictive media.

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 2 minutes by saying, "Thank you," and at 3 minutes, please wrap up quickly.

If you want to share, please raise your hand now and I will call on people in the order that your hand was raised. Please wait for your name to be called before you unmute yourself. Tell us your name, and, if you're comfortable, your location. This helps to facilitate connection and outreach.

*(Wrap up at **11:55 am**)*

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 or at our next meeting. Please come back.

*[If this is the 2nd Thursday of the month, announce]:* Today we will hold our monthly business meeting following the close of this meeting, so there will be no fellowship time.

*[If regular meeting]:* Who would like to volunteer to do this service? **(Name)**? Great!

*[If Speaker meeting]:* Is our speaker, **(name)**, willing to serve as fellowship and newcomer greeter after the meeting? Great!

### **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.mediaaddictsanonymous.org](http://www.mediaaddictsanonymous.org). Contributions can be made via Debit Card, Credit Card, or PayPal on the MAA website by clicking the Donate button. 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 may do so now. The chat can be saved on your computer or phone if you go to the 3 dots in the corner.

### **Announcements:**

This group holds its business meeting the 2<sup>nd</sup> Thursday 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!

Are there any other MAA related announcements? **(Wait for response)**

### **The Promises:**

Who would be willing to read the promises from pages 83-84 of the Big Book?

*[Moderator: Start screen share.]*

*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.*

*[Moderator: Stop screen share.]* Thank you [\(name\)](#) for reading.

**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.*

Thanks everyone for a great meeting!

I will now turn the meeting over to our Newcomer Greeter, [\(name\)](#).

*[On the 2<sup>nd</sup> Thursday of the month, turn the meeting over to the business chair.]*