

'Variety Tuesday'

Every Tuesday starting at 10pm EST time

Zoom ID: 881 6683 9368

Passcode: 987162

Notes to Moderator:

Please make sure you are online at least 5 minutes before the meeting starts.

*Please read the **BLACK** parts of the script only, as is, and please keep the meeting clipping along so we have more time for shares. Any text in BLUE should not be read out!*

Please be sure to write down everyone's name who volunteers for service during the meeting so you can thank them at the end.

Greeting:

Welcome to this 30-minute meeting of Media Addicts Anonymous. My name is _____ and I am a media addict and your moderator for today.

Serenity Prayer:

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 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, 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 who would like to introduce themselves? Please un-mute 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 you know everyone in the group and are sure there are no newcomers, jump to “Meeting Focus”. If not read the text below unless you are personally familiar with everyone in the meeting since some newcomers don’t respond.)

We are glad you are here! It is suggested you attend at least six meetings so that you have time to identify with the speakers, begin to absorb the concepts, and learn more about the program. On most Tuesdays, we have 15 minutes of fellowship time after the close of the meeting when we will greet newcomers informally. Everyone is invited! On the second Tuesday of every month, we have our business meeting instead of fellowship time.

Meeting Focus:

This meeting is a “variety” meeting. After MAA readings, there will be time for individual shares. We will ask group members to propose 1-3 topics for the shares to focus on. Anyone present can suggest a topic, and if no one has immediate suggestions, we will ask for 1-3 volunteers to select a topic from a predetermined list we will share on the screen.

This meeting will last 30 minutes. We suggest that as you listen to this meeting you put away all other devices and focus on this meeting alone without distraction. We also ask you to only use the chat function to share your telephone number for outreach at the end of the meeting to keep our focus on what is being shared in the meeting. Please also stay muted when not talking and keep your camera on throughout the meeting to promote a sense of connection and unity.

Readings:

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

____(name)____ will you read the following numbers *(see below)* from the Tools of Action for Media Addicts Anonymous?

Moderator: Give appropriate instructions based on the week of the month:

1st Tuesday – read numbers 1, 2 and 3

2nd Tuesday – read numbers 4, 5 and 6

3rd Tuesday – read numbers 7, 8 and 9
4th Tuesday – read numbers 10, 11 and 12
5th Tuesday – read any 3 of reader's choice

Tech person shares screen here

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.

Thank you for reading, _____(name)_____

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

____ (name)____ will you please 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)

Thank you for reading, ____ (name)____!

The Twelve Traditions of Media Addicts Anonymous:

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 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.

[Tech stops screen sharing here](#)

Topic:

We're about to start the sharing part of the meeting. Would anyone like to suggest a topic of the day for shares? We can take up to 3 topics.

[Wait a moment or so. If someone suggests a topic, skip down to **Open Sharing.**" If no one suggests a topic of the day, say:

We have the following suggested topics to choose from. Would anyone like to select one from the list? **[Share screen so that all topics are visible, wait while group members propose topics; feel free to propose one yourself.]**

List of Suggested Topics

- One of the 12 steps
- Forgiveness
- Joy
- Defining top, middle, & bottom lines
- Living one day at a time
- Media fasting
- Gratitude
- Two-way prayer
- Spiritual exploration, experiences, & awakenings
- The Serenity Prayer
- Sponsorship
- Staying away from the first drink (or click, video, article)
- Fellowship / Working with Others
- Sharing about MAA with others (other addicts, friends, family, outsiders)
- Honesty
- Open-mindedness
- Routines
- Self-Compassion
- Inventories
- Service
- Surrendering to higher power in difficult times
- Urge surfing
- Outreach
- Amends
- Preventing or overcoming relapse (or slips)
- Media replacement activities
- Using necessary media in sobriety
- Navigating change
- JOMO (Joy of Missing Out)
- Caring for the body
- Hope
- Progress not perfection

Tech person puts topics in the group chat.

Open Sharing:

We will write these topics in the group chat and open the meeting for sharing. When you share, please tell us your name and, if you're comfortable, your location. Shares are not limited to the topic(s) of the day and the topics are completely optional to share about. If you prefer, you can share about how your recovery is going. 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. 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.

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.

(Moderator decides, based on attendance, if length of shares is 2, 3 or 4 minutes)

Please limit your share to [two/three/four (*moderator chooses*)] minutes. Would someone like to serve as our timekeeper for this meeting?

Thank you, ___ (name)___, will you please let the person sharing know when [one/two minutes] are up and again at [two/three/four] minutes when their share has ended?

For those who are sharing, please acknowledge the timekeeper's warning and when time is called, please wrap up your share. Who would like to be the first to share?

Wrap Up at 25 minutes:

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 after we close.

Who would be willing to host the fellowship time and serve as newcomer greeter after the close of this meeting? If this is your first-time hosting fellowship time, I can give you brief instructions following the close of the meeting.

Thank you, ___ (name)__. I'd also like to thank ___ (name)___ for keeping time; ___ (names)___ for doing the readings; and ___ (name)___ for being our technology support.

Seventh Tradition:

It is now time for the 7th Tradition and announcements. 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 at mediaaddictsanonymous.org.

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.

Announcements:

This group has its business meeting on the second Tuesday of the month. Are there any other MAA related announcements?

(If our next business meeting is within the next two weeks or happening today, and there are open service positions, consider making an announcement about them to encourage people who can't attend the business meeting to serve.)

Number Exchange:

If you are available for outreach, sponsorship, or as an action partner, please write your telephone number in the chat now. Please include any country codes, if you are on WhatsApp and what time zone you are in.

Anonymity Statement:

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.

Closing:

Thank you. All who care to, please unmute yourselves and join me in saying the 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 everyone for a great meeting.

I will now turn the meeting over to our Fellowship Host and Newcomer Greeter ____ (name)____.

Guidelines for fellowship host/newcomer greeter: The suggested length for fellowship time is 20 minutes unless you would like to host for longer or someone else wants to take over hosting once you leave. A suggested format for fellowship

time is to start with any newcomer questions followed by sharing from anyone who did not get a chance to share in the main meeting or anyone who wants to take an additional share. If you are made Zoom Host of the meeting or claim Zoom Host, please assign Zoom Host to someone else prior to leaving the meeting if you leave while others are continuing to have fellowship time.

Business Meeting Format

Find an overview over current and future service positions as well as past business meeting notes [here](#)

MAA Variety Tuesday Group 10:00 pm EST

Business Meeting Minutes: **Date**

Secretary: **Name**

Chair: **Name**

Present: **Names**

Pray in with the *Set Aside Prayer*:

God, please help me to set aside everything I think I know about people, places, and things. Help me to set aside everything I think I know about myself and help me to set aside everything I think I know about you, God. Help me to have an open mind so that I might be able to see the truth and live my life on a spiritual basis.

Ask For a Timekeeper. Announcement by Chair: Business Meeting is capped at 20 minutes.

Last Business Meeting's Minutes: Could someone please read the notes from our previous business meeting? Are there any additions or corrections? Is there a motion to accept the minutes? Is there a second? Is anyone opposed to accepting the minutes?

Fill Positions – The following positions will need to be filled at the Jan, Mar, May, Jul, Sep, and Nov business meetings - the roles come into effect 2 weeks after the business meeting - or otherwise voted on.

- Moderator/Leader (two-month commitment): **Name, until**
- Tech Support (two-month commitment): **Name, until**
- Business Meeting Chair (two-month commitment): **Name, until**
- Business Meeting Secretary (two-month commitment): **Name, until**
- General Service Representative (one-year commitment): **Name, until**

We have an option to have Moderator & Tech Support be one person if the Moderator agrees to it. We have the option of the Business Meeting Chair and Business Meeting Secretary being one person if needed. The General Service Representative has access to the tuesdaysmaa@gmail.com email address. Meeting minutes stay preserved for 4 months and get then deleted.

Report: Can we now have a report from our General Service Rep?

Old Business: Is there any old business (ask the person reading the notes from the previous business meeting if there is any old business that still needs to be discussed and voted on)?

New Business: Does anyone have any new business?

Close Meeting: If there is no further business, can I please have a motion to close this meeting? Is there a second? Is there anyone who is opposed to closing this meeting? Pray out with the WE version of the *Serenity Prayer*.