

Script 05/25/2018

## INSTRUCTIONS

*Before the meeting, ask if anyone would like to be the Greeter. Greeters welcome people to the meeting in private message and tell them topics if they have been chosen. They ask the arriving person not to interrupt, and let them know they are available for questions. If the person does interrupt, the Greeter should kindly contact the person in private message.*

*COPY/PASTE one paragraph or line at a time.*

*Italics – follow these instructions as you go.*

## **BEGIN**\_\_\_\_\_

Welcome to the [ day-time ] meeting of MA Online! I'm [ ], a marijuana addict, and your host for this meeting. [ ] has offered to be our greeter for this meeting.

Please help me to open this meeting with the Serenity Prayer:

Higher Power,

Grant me the serenity to accept the things I cannot change,

The courage to change the things I can,

And the wisdom to know the difference.

Amen

*[Pause]*

*[Only registered hosts can send verifications]*

To receive a verification of attendance meeting contact me both now at the end of the meeting in private message. This meeting is one and one half hours long and full attendance is required to receive a verification.

The Preamble

Marijuana Anonymous is a fellowship of people who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction.

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The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. We are self-supporting through our own contributions. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes. Our primary purpose is to stay free of marijuana and to help the marijuana addict who still suffers achieve the same freedom.

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We can do this by practicing our suggested twelve steps of recovery and by being guided as a group by our twelve traditions. Marijuana Anonymous uses the basic 12 Steps of Recovery founded by Alcoholics Anonymous, because it has been proven that the 12 Step Recovery program works.

Who here is a marijuana addict?

*[Pause]*

We who are marijuana addicts know the answer to this question. Marijuana controls our lives! We lose interest in all else; our dreams go up in smoke.

~~ Poof! ~~

Ours is a progressive illness often leading us to addictions to other drugs, including alcohol. Our lives, our thinking, and our desires center around marijuana - scoring it, dealing it, and finding ways to stay high.

Is there anyone here new to Marijuana Anonymous or MA Online? Please introduce yourselves so we can welcome you!

*[Pause]*

Thanks for coming! A newcomer is the most important person at any meeting! Keep coming back! Newcomers are always welcome.

H O W do the 12 steps work?

Honesty Openness Willingness:

The practice of rigorous honesty, of opening our hearts and minds, and the willingness to go to any lengths to have a spiritual awakening are essential to our recovery. Our old ideas and ways of life no longer work for us.

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Our suffering shows us that we need to let go absolutely. We surrender ourselves to a Power greater than ourselves. Here are the Steps we take which are suggested for recovery:

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1. We admitted we were powerless over marijuana, 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 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 marijuana addicts and to practice these principles in all our affairs.

Do not be discouraged, none of us are saints. Our program is not easy, but it is simple. We strive for progress, not perfection. Our experiences, before and after we entered recovery, teach us three important ideas:

1. That we are marijuana addicts and cannot manage our own lives;
2. that probably no human power can relieve our addiction;
3. and that our Higher Power can and will if sought.

We celebrate with cheers and chips for special milestones – specified lengths of sobriety from marijuana, alcohol and all other mind-altering chemicals. We have virtual chips for 30 and 60 days. We have physical chips which can be mailed to you for 90 days, 6 mos, 9 mos, a year, 18 mos, and multiple years.

Is anyone celebrating a special milestone this week? We'll celebrate with you!

*[Pause]*

Please private message me if you'd like a chip sent to you.

Now would anyone else like to acknowledge their clean and sober time?

*[Pause]*

Congratulations to everyone who stayed sober today!

This meeting has some guidelines:

We ask that if you have had marijuana or any other mind-altering chemicals within the last 24 hours that you just listen and talk to someone after the meeting.

Please allow others to share without interruptions, comments, or advice. This provides safe space for a person to say what they need to say.

Also, we can't answer questions in the meeting, so please save those for Private Messages or the Lobby afterwards.

To share, raise your hand with a '!' (exclamation point!) Please end your share with a 'ga' (go ahead) or 'pass.'

Please keep your sharing to 10 minutes or less so that we can let everyone have a chance to share.

This is a topic meeting of Marijuana Anonymous We will pick a topic or two. There are some great ideas on the list in the chatroom menu above (for those of you on a computer).

What recovery-related topic would you like to suggest?

Who would like to share first?

***[Announcements to be posted MID-MEETING]***

Now for MA Announcements :

Are there any announcements from the floor?

This site depends on you! We're all in this together! Here are some things that you can do:

We need hosts to have more meetings. To be able to host you'll need some sobriety, a computer, the ability to copy/paste, and to have attended a few of our online meetings. The script is provided here. Ask an Admin about it, or explore the Hosting tab.

There are other ways to be of service, too! You need to have 6 months clean and sober to help out with things that require a password, such as treasurer or webmaster. Another great way to be of service is to hang out in the chatroom, because one addict talking to another is how we all stay sober!

Our online district is supported by financial contributions from ourselves. This is the 7<sup>th</sup> Tradition of MA, "Every MA group ought to be fully self-supporting, declining outside contributions."

Contributions pay for the site, chips, delegates, and other expenses of MA Online. As a district, we send money to Marijuana Anonymous World Services (MAWS) in order to carry the message globally to the marijuana addict who still suffers.

Your contributions also help pay for the new chatroom that is currently under development.

To make a 7th Tradition contribution, please use the PayPal link under the Contribute tab above, or use this link if you are in the mobile app: <http://www.ma-online.org/contribute.php>. Please contact [treasurer@ma-online.org](mailto:treasurer@ma-online.org) for other options to make a donation. Thanks!!

Since this is your site, all are welcome to attend the business meetings and vote on items. They are held on the second Sunday of the month, 11 am pacific / 2 pm eastern, in Meeting Room 2. Please come!

Updates about the site and some discussion occurs in a yahoo group. You don't need a yahoo email to join. The address is:

<https://groups.yahoo.com/neo/groups/ma-d13/info> See you in there!

That's it for announcements...back to sharing!

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***[Do Burning Desires 10 minutes prior to close]***

It's almost time to close. Does anyone have a Burning Desire?

A Burning Desire means you might go out and get high, and would like extra help.

Please remember that anonymity is the foundation of all our traditions, ever reminding us to place principles before personalities.

Reason with each other, talk with each other, but please don't let there be gossip or criticism of each other.

Who you see here, what is said here...let it stay here. HEAR! HEAR!

Let's join hands for the closing prayer:

::up ::up

***[Choose a prayer or reading from down below]***

I'd like to thank everyone for participating in our meeting. If anyone has any questions that went unanswered or need to talk, please come to the Lobby, and introduce yourself to someone. Addicts talking to addicts keeps us all sober.

*[For registered hosts only:]*

If you need a meeting verification, please private message me.

***Prayers and readings:***

*[Choose one]*

### **Road of Happy Destiny**

Abandon yourself to God, as you understand God. Admit your faults to him and to your fellows.

Clear away the wreckage of your past. Give freely of what you find and join us.

We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you until then.

### **Set Aside Prayer**

Higher Power, please help me set aside everything I think I know about myself, my disease, these steps, and especially You,

for an open mind and a new experience with myself, my disease, these steps, and especially You.

Amen

### **Walk in Beauty Prayer**

O Great Spirit,

whose voice I hear in the winds, and whose breath gives life to all the world, hear me. i am small and weak. i need your strength and wisdom.

Let me walk in beauty and make my eyes ever behold the red and purple sunset. Make my hands respect the things you have made and my ears sharp to hear your voice.

Make me wise so that I may understand the things you have taught my people. Let me learn the lessons you have hidden in every leaf and rock.

i seek strength, not to be superior to another, but to fight my greatest enemy - myself. Make me always ready to come to you with clean hands and straight eyes,

So when life fades, as the fading sunset, my spirit will come to you without shame.

Amen

American Indian - Lakota - Chief Yellow Lark - 1887

### **Second Step Prayer**

Higher Power,

I know in my heart that only you can restore me to sanity.

I humbly ask that you remove all twisted thought and addictive behavior from me this day.

Heal my spirit and restore in me a clear mind.

Amen

### **Universal Prayer**

O Cosmic Creator of all radiance and vibration!

Soften the ground of our being and carve out a space within us where your Presence can abide. Fill us with your creativity so that we may be empowered to bear the fruit of our mission.

Let each of our actions bear fruit in accordance with our desire. Endow us with the wisdom to produce and share what each being needs to grow and flourish.

Untie the tangled threads of destiny that bind us, as we release others from the entanglement of past mistakes.

Do not let us be seduced by that which would divert us from our true purpose but illuminate the opportunities of the present moment.

For you are the ground and the fruitful vision, the birth power and the fulfillment, as all is gathered and made whole once again.

Amen

### **7th Step Prayer**



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

### **Affirmation Prayer**

Help me learn to meet life with an affirmative attitude. There is good in the world, and I can follow that good.

Power is available to help me do the right thing. Therefore, I must accept that power.

I pray that I will not be paralyzed by doubt.

Amen

### **Peace Within (St. Therese's Prayer)**

May today there be peace within.

May we trust our highest power that we are exactly where we are meant to be. May we not forget the infinite possibilities that are born of faith.

May we use those gifts that we have received, and pass on the love that has been given to us. May we be content knowing we are children of God.

Let this presence settle into our bones, and allow our souls the freedom to sing, dance, praise and love.

It is there for each and every one of us. Amen

### **Prayer to Get Past Self Doubt**

Help me learn to meet life with an affirmative attitude. There is good in the world, and I can follow that good.

Power is available to help me do the right thing. Therefore, I must accept that power.

I pray that I will not be paralyzed by doubt. I pray that I may meet life affirmatively on the venture of faith.

Amen

### **Spiritual Growth Prayer**

Higher Power,

May my development as a spiritual person temper my habitual hankerings for material security.

May I understand that the only real security in life is spiritual. If I have faith in my Higher Power, these revisions in my attitudes will follow.

May I grow first in spiritual awareness.

Amen

### **Prayer of Becoming**

May clarity grow within me,  
Open my eyes to life's many wonders  
May I feel the pulse of all creation within me,  
Open my spirit to awareness.

Fill my heart with deeper understanding,  
May my life be of service to other addicts,

Open my ears to the needs of those around me,  
Make my hands strong, sure, & gentle in your service,  
May I remember always, a Higher Power works through me.

Amen

### **Third Step Prayer**

Higher Power, I have tried to control the uncontrollable for far too long. I ask that you take this burden from me.

I acknowledge that my life is unmanageable. I ask for your care and guidance

Grant me honesty, courage, humility, and serenity, to face that which keeps me from you and others.

I give this life to you, to do with as you will.

Amen

### **11th Step Prayer**

Higher Power,

Please Help me. Help me learn what I'm supposed to learn. Help me do what I'm supposed to do. Help me be who I'm supposed to be.

Stay with me always, in my hour of deepest despair, and my hour of greatest joy.

Amen

### **Unity Prayer**

I place my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness. No longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands, for a power and strength, greater than ours.

And, as we join hands, we find love and understanding beyond our wildest dreams!

Amen

### **Victory Prayer**

Higher power, I offer myself to you to build with me and to do with me as you will.

Relieve me of the burden of self, that I may better do your will.

Take away my difficulties that victory over them may bear witness to those I would help, of your power, your love and your way of life.

May I do your will always. Amen

### **The Promises**

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.

Amen

### **Blessing, By Rob Brezsny**

All of creation is conspiring to shower us with blessings. Life is crazily in love with us – brazenly and innocently in love with us. The universe always gives us exactly what we need.

The winds and the tides are on our side, forever and ever. The fire and the rain are scheming to steal our impossible pain. The sun and the moon and the stars remember our real names, and our ancestors pray for us while we're dreaming.

We have guardian angels and thousands of teachers, provocateurs with designs to unleash us, helpers and saviors we can't even imagine, brothers and sisters who want us to blossom. Thanks to them, from whom the blissful blessings flow, we are waking up.

Amen