

Chair and Tech-host Script (09/17/2024)

[[Before beginning, please check which page we are on, and who the tech host is]]

Welcome to A Womyn's Way Through MA! My name is _____, and I am a cannabis addict. Our tech host today is _____.

First, let us begin with a moment of silence for the cannabis addict who still suffers, then, we'll remain muted as we recite the serenity prayer.

[pause for about 10 seconds]

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.

A Womyn's Way Through MA aims to be a safe place for all people who identify as women (cisgender, transgender, nonbinary, genderqueer, genderfluid, intersex and agender women, women of any, all or no sexual orientations, all ages, races, theist, atheist and of all cultural identities) who have a desire to stop using cannabis. If this includes you, then you are welcome here!

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[SAID ALOUD, & TECH HOST POST]

In the interest of safety, please have your camera on for the first few minutes of the meeting. Hostility or aggressive behavior and offering medical advice in the Zoom room or WhatsApp group are discouraged. Harassment, discrimination, threats, or disruptive behavior toward any individual or group will not be tolerated. This includes romantic, financial, and religious solicitation. Anyone found in violation will be removed from the meeting and the WhatsApp group.

If you feel you have received or witnessed such a violation, please email [wwtma2024@gmail.com](mailto:wwtma2024@gmail.com) and we will get back to you as soon as possible. This information will be posted in the chat.

If you would like your name changed, please message a host or co-host in the chat.

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Although we are inspired by the Steps, the traditions, and spirit of Marijuana Anonymous, A Womyn's Way Through MA is not affiliated with this wonderful organization. If you have a desire to cut back on or stop cannabis use, please visit marijuana-anonymous.org, go to meetings, find a sponsor, and work the 12 steps. It works if you work it, and we're all worth it!

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[TECH HOST POST]

MA Website

<https://marijuana-anonymous.org>

Free MA literature:

<https://marijuana-anonymous.org/literature>

Sponsorship Information:

<https://marijuana-anonymous.org/how-it-works/about-sponsorship/>

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At this time, we acknowledge various lengths of sobriety from marijuana, alcohol and all other mind-altering drugs. Feel free to unmute yourself and share your day count!

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Congratulations to everyone who celebrated a day count or milestone today! Having a sponsor or sponsoring others is an important part of many people’s recovery. Members willing to be a sponsor, feel free to post your information to the chat!

Now, we will begin our weekly reading of A Women’s Way Through the 12 Steps, by Dr. Stephanie Covington. Can we please get a volunteer to keep act as our spiritual timekeeper?

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*[TECH HOST POST]*

*Download the book here:*

<https://lonelylonelymouth.com/a-womans-way-through-the-twelve-steps.pdf>

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Thank you, _____! Please set the timer to 12 minutes, and set the alarm option to “beep”.

___[tech host]___, please share your screen and go to page [___]. We’ll read for about 12 minutes, popcorn style. Folks, please raise your hand and read three to four paragraphs before saying “pass”.

[Read for ~12 minutes]

Thank you to all who read! Now we will enter the sharing portion of the meeting. Please limit your shares to 3 minutes. Our spiritual timekeeper will give a warning when one minute remains. You may reflect on the reading or on other aspects of your recovery from cannabis. This meeting permits supportive cross-talk while sharing one’s experience, strength and hope. We invite you to refer to another share, but we ask that you limit comments, questions, and advice to your own experience. We also ask that you remain muted while others are sharing.

[Share until about 10 minutes to the hour]

We now would like to hold space for people with newcomers, shy sharers, and people with burning desires. Would any newcomers, that is, those with less than 30 days of sobriety, those who are hesitant to share, or people who fear they may relapse like to claim their seat?

[Share until about 3 minutes to the hour]

We are reaching the conclusion of our meeting. Who would like to chair next week's meeting, which simply involves reading the chair script?

[wait for chair volunteer]

Thank you _____! And who would like to be the tech host for next week, which simply involves posting text in the Zoom chat and sharing ones screen?

[wait for tech host volunteer]

Thank you _____! See the chat for a link to the chair/tech-host script. The script is the same for the chair and the tech host. Please reach out in the WhatsApp if you have any questions!

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**[TECH HOST POST]**

Download the chair/tech host script here:

[https://lonelylonelymouth.com/chair\\_script.pdf](https://lonelylonelymouth.com/chair_script.pdf)

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Let's thank all who performed acts of service: Our tech host _____, our spiritual timekeeper, _____ and all those who read, shared, and showed up. My name is _____ and I was your grateful chair.

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**[TECH HOST POST]**

***Download the Unity Prayer PDF here:***

[https://lonelylonelymouth.com/unity\\_prayer.pdf](https://lonelylonelymouth.com/unity_prayer.pdf)

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As a reminder, who we see here, what we say here, please leave it here when we leave here. Now, let us conclude with the Unity Prayer. Tech host, please share your screen the Unity Prayer. Let us join virtual hands and feel free to unmute if you'd like to join in.

[say Unity Prayer]

Keep going to MA meetings! The program works if you work it, and we're all worth it!! We'll see you all next Monday :)