

# GreySheeters Anonymous Phone Bridge Relapse and Recovery Meeting Format 1am

## Introduction

My name is \_\_\_\_\_, a compulsive eater, and your leader for this meeting.

My first 6 digits are \_\_\_\_\_. This is a GreySheet Relapse/Recovery meeting and our primary purpose is to stay abstinent and help other compulsive overeaters to achieve abstinence.

\*1 to mute and unmute

Let us open with the **Serenity Prayer**

**God, 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.**

## Qualification (Leader does not share without asking for someone with 90 days or more first)

Is there someone with 90 days or more of back to back Greysheet abstinence willing to qualify?

**(If not leader qualifies)**

Qualification is for 5 minutes.

Do we have a timer? You don't have to have 90 days or more of back to back Greysheet abstinence to time.

## Sharing

We have 3 minute timed shares. Give your first six digits for the moderator, We do not interrupt or mention specific foods by name. We only reference AA Conference Approved literature. Our group holds its business meeting the last Sunday of the month at 2:30pm following the 2 pm meeting.

Same phone and pin

Would the timekeeper like to share?

**(If not)** t's now time for sharing.

## Closing (5 minutes before)

It is now time to bring the meeting to a close. Thank you all for a great meeting.

Does anyone want to just claim their seat?

Are there any available Greysheet sponsors on the line or does anyone need a phone number?

Please stay on the line until after the serenity prayer.

**(Take Names)**

Let us close with the **Serenity Prayer**.

**God, 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.**

**Keep Coming Back, It Works if You Work It!  
And Don't Eat No Matter What**

**All text in parenthesis are directions for the leaders and not to be read aloud**