

GreySheeters Anonymous Phone Bridge Beginner's Meeting Format

Introduction My name is _____, a compulsive overeater, and your leader for this meeting. My first 6 digits are _____. This is a half hour GreySheet Beginner's meeting and our primary purpose is to stay abstinent and help other compulsive overeaters to achieve abstinence.

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.*

Leader Share (3-5 minutes)

As Leader, I will share for 3-5 minutes and then we will have 2 minute timed shares. Is anyone willing to be our timekeeper?

Group Conscience/Sharing

We do not mention specific foods by name and we only reference AA Conference-Approved Literature. Please no cross talk (speaking **positively or negatively** about a previous share). We want all to feel welcome and to avoid the impression of being exclusive or critical. Please keep muted at all times if you aren't sharing. *1 to unmute, *1 to mute. Please give your area code and the first three digits for the moderator.

Is there anyone who has 30 days or less who would like to share or just identify yourself? Under 90 days? Under one year? The floor is now open for sharing.

Closing

Through sponsorship, we carry the message to others. Are there any Available GreySheet Sponsors on the line? Please state your name and phone number slowly.

Thank you all for a great meeting. In closing, please remember our 3rd Tradition which states, "*The only requirement for GreySheet membership is the desire to stop eating compulsively.*" If you have heard anything that you do not understand or with which you do not agree, please ask your sponsor and Don't Eat No Matter What!

At this time, please call out the names of those persons from whom you would like to obtain a telephone number. Could these people please stay on the call to give out their telephone numbers after we say the Serenity Prayer?

Name _____ Phone Number _____

Name _____ Phone Number _____

Name _____ Phone Number _____

Thank you all for sharing and now, 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.*