

## GreySheeters Anonymous Phone Bridge Beginner's Meeting Format

### Introduction

Welcome to the GreySheeters Anonymous Phone Bridge. What distinguishes GSA from other food programs is that we weigh and measure **only** three meals per day **only** from foods listed on the GreySheet, without exception. Qualified Leaders have at least 90 days of back-to-back GreySheet abstinence. My name is \_\_\_\_\_, a compulsive eater, and your Qualified 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 mute, \*1 to unmute. Please give your area code and your 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 Qualified GreySheet Sponsors on the line? Qualified GreySheet Sponsors have at least 90 days of back-to-back GreySheet abstinence – eating **only** three weighed and measured meals per day **only** from foods listed on the GreySheet, without exception. Please state your name and phone number slowly.

(take names and numbers)

Thank you all for a great meeting. In closing, please remember our 3<sup>rd</sup> 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?

(take names and numbers)

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.*

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