

GreySheeters Anonymous Phone Bridge Slogans Qualification Meeting Format—Tuesday Noon

(All text in parentheses are directions for the leaders and are not to be read aloud.)

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 Qualified Leader for this meeting. The first 6 digits of my phone number are _____. This is a half hour GreySheet Slogans 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.*

Qualification

Speakers qualify who have at least 90 days of back-to-back GreySheet abstinence. Is our Speaker on the call? It is my pleasure to turn the meeting over to _____ who will qualify for approximately 5-10 minutes on their Experience, Strength, and Hope on a slogan or slogans related to GreySheet abstinence. Please give the first six digits of your phone number for the moderator. How would you like to be timed? The floor is yours.

Group Conscience/Sharing

By Group Conscience, 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 give the first six digits of your phone number for the moderator. Please stay muted at all times unless you are sharing: *1 to mute, *1 to unmute. By Group Conscience, this meeting has decided to have 2-3 minute timed shares depending on our number of attendees. (Press *0 for # of attendees.)

Is anyone willing to be the timekeeper?

The floor is now open for sharing.

(This meeting has the option to continue an additional half an hour. If there appears to be sufficient participation, offer to continue the meeting and ask if there's a group conscience to do so. Then continue with sharing.)

Closing (5-10 minutes before, depending on whether the meeting is a half hour or continues to an hour)

It is now time to bring the meeting to a close.

Does anyone have a “brief burning desire” to share, or is there someone who would like to claim their seat?

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 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 people 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? Those who would like to leave your number for outreach calls, or as an available sponsor, please call out your names now as well. (Take names.)

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!