

GreySheeters Anonymous Phone Bridge Relapse and Recovery Meeting Format 9 am, 2 pm, 8 pm, and midnight

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. This is a half hour GreySheet Relapse/Recovery meeting and our primary purpose is to stay abstinent and help other compulsive eaters 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 (Leader first asks if someone with 90 days or more would like to qualify; if not, the leader qualifies) * Is there someone with 90 days or more of back-to-back GreySheet abstinence willing to qualify? Speakers qualify who 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.

Qualification is 5 minutes.

Do we have a timer? You do not have to have 90 days or more of back-to-back GreySheet abstinence to time.

Sharing

We have 2-minute timed shares. (Midnight meeting has 3-minute timed shares.) Please stay muted at all times unless you are sharing: *1 to mute, *1 to unmute. All disruptions are addressed by the Leader asking the Moderator to mute the Bridge. We do not interrupt or mention specific foods by name. We only reference GSA and AA Conference Approved Literature. Our group holds its business meeting the last Sunday of the month at 2:30 pm following the 2 pm meeting: Same phone number and PIN as this meeting.

Would the timekeeper like to share first?

(If not) It'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 claim their seat?

Are there any available 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.

(take names and numbers)

Does anyone need a phone number?

(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 parentheses are directions for the leaders and are not to be read aloud*