

GreySheeters Anonymous
Living Abstinent Phone Bridge Meeting Format
(Monday 5:30 - 6:30 PM EST)

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. This is a **GreySheet Living Abstinent** literature meeting. We read one chapter each week, followed by a ten minute qualification, followed by 2 minute timed shares.

After a moment of silence for those who still suffer, will those who care to please join me in 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.*

Is there someone on the call who would like to read the **GreySheet Preamble**? (If not, the leader reads)

GreySheeters Anonymous Preamble*

GreySheeters Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from compulsive eating. The only requirement for membership is the desire to stop eating compulsively. There are no dues or fees for GSA membership; we are self-supporting through our own contributions. GSA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay abstinent and help other compulsive eaters to achieve abstinence.

Is there someone on the call who would like to read the **GreySheet Group Purpose**? (If not, the leader reads)

GreySheet Group Purpose

This group has been founded and designed to discuss the fundamentals or basics of attaining and maintaining GreySheet abstinence. For that purpose, we explore together the utilization of the program of Alcoholics Anonymous in arresting compulsive eating. We strongly support GreySheet. We require that our meeting leaders be abstinent for at least 3 months on the GreySheet. We support a vigorous and positive attitude toward GreySheet abstinence---which we define as 3 weighed and measured meals a day with nothing in between but black coffee, tea, or diet soda.

Is there someone on the call who would like to read the **Twelve Steps**? (If not, the leader reads)

The Twelve Steps of GSA**

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive eaters, and to practice these principles in all our affairs.

Is there someone on the call who would like to read the **Tradition of the Month and the 12th Tradition**? (If not, the leader reads)

The Twelve Traditions of GSA**

1. Our common welfare should come first; personal recovery depends upon GSA unity.
2. For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.
3. The only requirement for GSA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or GSA as a whole.
5. Each group has but one primary purpose - to carry its message to the compulsive eater who still suffers.
6. A GSA group ought never endorse, finance or lend the GSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every GSA group ought to be fully self-supporting, declining outside contributions.
8. GSA should remain forever nonprofessional, but our service centers may employ special workers.
9. GSA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. GSA has no opinion on outside issues; hence the GSA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and film.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Identifying Ourselves

Would everyone who cares to, please say your name, where you are calling from? (i.e., "Hi, I'm ____, from ____.")

Day Counts and Milestones

We have found a common solution, which for us is GreySheet abstinence. Members who are counting 90 days or less of GreySheet abstinence, please identify yourself by name and tell us your day count so that we may acknowledge you.

Do we have any members who are celebrating anniversaries of GreySheet abstinence today or this past month? Multiple years, 9 months, 6 months?

Phone Meeting Guidelines

I will now read a few guidelines:

1. When connecting to the Bridge, you come in **muted**.
2. Press *1, to un-mute, and *1 to mute again.
3. It is important to keep yourself muted at all times unless you are sharing.
4. All disruptions are addressed by the Leader asking the Moderator to mute the Bridge.
5. By Group Conscience, the Leader is empowered to interrupt to address distractions including foul language.

7th Tradition

The 7th Tradition states that there are no dues or fees for GSA membership. However, we are self-supporting by our own contributions.

The treasurer for this meeting is _____, and if you wish to make a donation his/her number is _____.

If you can contribute, please do so! These meetings help us to reach GreySheet members and newcomers far and wide. If you cannot contribute, keep coming back. Having you with us is just as important.

OR

By group conscience, this meeting has decided to send its contributions to the GSA Phone Bridge Intergroup. To donate, call or text Linda L. in CA at 310-245-6441. You can also donate via the website: Go to: www.greysheetmeetings.org and click on Donate. Make sure to indicate on your check or PayPal donation where you'd like to direct the funds - either operating budget or delegate budget.

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Announcements

Are there any GreySheet-related announcements?

To order the *Living Abstinent* book, contact the publisher Xlibris at Xlibris.com or call 844-714-8691, or you can order from Amazon. I will repeat this at the end of the meeting also.

"Our primary purpose in GSA is first to abstain from compulsive eating, and next to give service to the fellowship, and carry the message of recovery to compulsive eaters who still suffer. This book emphasizes the first aspect of our primary purpose, getting and staying abstinent. In the first couple of years of a GreySheeter's recovery, the practical aspects of abstinence became our focus. For most of us, it was like learning a new language. It was hard work and took a lot of practice every day. Sometimes we had to avoid places that had foods that we were addicted to. We had to learn how to shop in grocery stores, how to stick to a shopping list, how to deal with parties and buffet dinners, how to live with people who loved us, but didn't understand the extreme nature of our disease, and much, much more."

—taken from *Living Abstinent*, p. xi

Reading

If you have the book and would like to read aloud, please wait for the previous reader to say "pass", and then continue reading the next 3 paragraphs.

Today we are reading Chapter _____ on page # _____. Who would like to begin reading?

Qualification

Is our speaker on the call? How would you like to be timed? It is my pleasure to turn the meeting over to _____ who will qualify for 10 minutes on how he/she Lives Abstinently, since coming to GreySheet.

Thank you for sharing with us how you live abstinently since coming to GreySheet. May we have your phone number please?

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. By Group Conscience, this meeting has also decided to have [2 **or** 3-minute] timed shares. Who would like to be our spiritual timekeeper? Would you like to share first?

Closing (10 minutes before the end of the 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 that you do not understand or with which you do not agree, please ask your sponsor and Don't Eat No Matter What!

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)

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)

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!**

To order the *Living Abstinent* book, contact the publisher Xlibris at Xlibris.com or call 844-714-8691, or you can order from Amazon.

Take numbers

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