

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. This is a half hour GreySheet **Beginner's 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.*

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 GSA and 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. Disruptions to the meeting are addressed by the Leader asking the Moderator to mute the Bridge.

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.

[READ AFTER SHARING, BEFORE CLOSING]

7th Tradition: A reminder that we are fully self-supporting through our own contributions. To make a donation via check or PayPal, go to our Phone Bridge Intergroup website greysheetmeetings.org and click on Donate.

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. If you can be a permanent sponsor or can get someone started, please state your name and phone number. *[If there are no available sponsors, read this;]* If you are new to GSA and have not been able to find a sponsor, please go to the World Service website greysheet.org and click on Contact.

(take names and numbers)

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?

(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!