

## 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. Please mute using your phone keypad; do not use the mute button on your phone. Press the \* key at any time during the call to access options such as raising or lowering the volume. By Group Conscience, the leader is empowered to interrupt to address distractions, including foul language. Note that disruptions are addressed **ONLY** by the Leader. Everyone else should stay muted.

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.

[READ AFTER SHARING, BEFORE CLOSING]

**7<sup>th</sup> Tradition:** A reminder that we are fully self-supporting through our own contributions. To make a donation via check or PayPal, go to the Phone Bridge Intergroup website [greysheetmeetings.org](http://greysheetmeetings.org) and click on Donate.

**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. If you can be a permanent sponsor or can get someone started, please state your name and phone number.

(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*