

GreySheeters Anonymous Phone Bridge Slogans Qualification Meeting Format—Tuesday Noon

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 one hour GreySheet Slogans 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

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. 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 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 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. The Leader is empowered to address distractions, including foul language. Note that disruptions are addressed **ONLY** by the Leader. Everyone else should stay muted. By Group Conscience, this meeting has decided to have 3 minute timed shares.

Who would like to be our timekeeper?

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 (10 minutes before the top of the hour)

It is now time to start 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!