

## GreySheeters Anonymous Phone Bridge Relapse/Recovery Meeting Format

### Introduction

My name is \_\_\_\_\_, a compulsive eater, and your leader for this meeting.

My first 6 digits are \_\_\_\_\_. This is a GreySheet Relapse/Recovery meeting and our purpose is to stay abstinent and help other compulsive overeaters 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 qualifies for 5 minutes. Ask for a timer. If no one steps up Leader times.

### Group Conscience/Sharing

It is now time for sharing. By Group Conscience we have 2 minute timed shares, \*1 to mute, \*1to unmute, please give your first six digits so the moderator knows who is sharing. The moderator will mute or drop lines that are causing distractions. We do not interrupt or mention specific foods by name. We kindly request refraining from foul language. Our group holds it's business meeting the last Sunday of the month at 7:00pm EST every month all are welcome. This meeting's Treasurer for our 7<sup>th</sup> Tradition is: \_\_\_\_\_. The floor is now open for sharing.

Wait for: 25 minutes Past Hour!!! Then...

### Closing

It is now time to bring the meeting to a close. Anyone want to claim his or her seat? Thank you all for a great meeting. Does anyone need a phone number?

Phone numbers \_\_\_\_\_.

Phone numbers \_\_\_\_\_.

Phone numbers \_\_\_\_\_.

Phone numbers \_\_\_\_\_.

Phone numbers \_\_\_\_\_.

Phone numbers \_\_\_\_\_.

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!