

# 33RD ANNUAL NYC GREYSHEET ROUND-UP OCTOBER 28-29, 2023 – LIVE FROM NY: GS 2023! SATURDAY

Time	AUDITORIUM *	ROOM # 1 *	ROOM # 2 *	ROOM # 3	ROOM # 4	ROOM # 5
8:00-9:00	<b>REGISTRATION</b>					
9:00-9:45	<b>PANEL: WILLING TO GO TO ANY LENGTHS</b>					
10:00-10:50	KISS Keep it Simple Sweetie	FEAR Face Everything and Recover	The ABC's of Abstinence	Let Go and Let G-d	It's the Food, the Food, the Food	Attitude of Gratitude
11:00-11:50	Improve our Conscious Contact with G-d	Keep Coming Back-Relapse is not a Requirement	NMW	Service is Slimming	Use the Greysheet Community	GSA Slogans and Tools
12:00-1:30	<b>LUNCH BREAK</b>					
1:45-2:15	<b>PANEL: CONNECTION NOT ISOLATION NY METRO INTERGROUP COUNTDOWN RAFFLE-DOOR PRIZE</b>					
2:30-3:10	Recharging your Program	Phone Bridge	The Most Spiritual Thing I Do in a Day is Weigh and Measure My Food	Planning an Abstinent Day	Growth Through Pain and Trauma	Practicing the Pause
3:15-4:00	Back to Basics	The Promises	Came to Believe Step 2	One Day at a Time	Gaining Weight in Abstinence	HALT
4:05-4:40	Easy Does it, Do it	There is a Solution	Meeting Makers Make It	Trust HP, Clean House, Help Others	Women's Meeting	Men's Meeting
4:45-5:00	<b>CLOSING</b>					

LUNCH WILL BE IN THE CAFETERIA

\*RECORDED-ENTIRE MEETING INCLUDING SHARES