

December 25, 2024  
9-10:15 am Eastern Time

# Secular Greysheet Meeting

A 75-minute meeting to build a defense  
against the first bite!

ZOOM CODE:  
993 516 3519

Please email [greywardz@yahoo.com](mailto:greywardz@yahoo.com) for  
the **unique passcode** at least **24 hours**  
before the meeting. If you email too  
close to the meeting time, we can't  
guarantee a timely reply.

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# Secular Meeting Details

A 75-minute meeting to build a defense  
against the first bite!

This meeting is **open to ALL** Greysheeters and people struggling with food, no matter what you believe, in the spirit of inclusiveness and love.

Video will not be required. We will have one speaker. Secular/non-theist speaker will share their experience, strength and hope in recovering from food addiction on the Greysheet while having an alternative view of

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