

## Standard Meeting Format

Suppers may choose to do some meal preparation ahead of the meeting.

### Opening (To Be Read at the Beginning of Suppers Meetings)

Welcome to the tables of Suppers.

Suppers is a learn-by-doing program for people who want more vibrant health. All you need to join is the willingness to start making diet and lifestyle changes. The program is based on principles of nutrition and healthy living, which, though simple, are not easy to follow without support.

Suppers will guide you along a gentle course of something we call “nutritional harm reduction”. This means *you* are the one in charge of which changes you make and how fast you make them.

How would you like to feel great, lose cravings, look younger, enjoy the foods that are good for you, and greet every day with brightness and energy?

At Suppers meetings, we don't tell you how to eat. We learn together, cook together, eat together, and take food home for family and friends to try.

While treatments for health problems are highly specific, the diet and lifestyle changes for most modern health challenges are pretty general. Whether you experience depression, anxiety, learning issues, obesity, diabetes, or problems with alcohol, your needs fall into a few general categories. You'll see dramatic improvements if you clean up your diet, manage stress better, and get into the exercise habit.

The changes are simple, but for most of us they aren't easy. Here's why:

Our most costly national addiction is not cigarettes, alcohol, or drugs. It's food. And the national menu of processed foods is so addictive that many of us have lost the taste for foods that promote stability and health. This makes the standard American diet a gateway to depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol. With food, abstinence is not an option. That leaves harm reduction. You will be given the knowledge to identify and eliminate unhealthy food items from your diet. You will learn how to replace those items with flavorful, healthy whole foods. You will also be given information about how to live a healthier lifestyle. You make the choices. You set the pace. At Suppers we believe that turning around these health challenges will take a cost free, member-to-member, family-to-family program focused on stabilizing blood sugar and mood chemistry and restoring family tables.

The only requirement for membership is the desire to lead a healthier life.

The only fee you will ever pay is the cost of your own groceries.

The only investment you will ever make is your own time and effort.

And the payoff is more vibrant health for you and your loved ones.

At Suppers, we are very concerned about the profit motive that drives the national menu of highly processed foods. It's one of the strongest forces degrading the food supply, endangering our health and environment, and setting us up for addictions and frustrating struggles with weight. So we pledge to set a good example and keep the program free.

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In return we ask all who attend to embrace our non-profit spirit and to share their experience while refraining from the promotion of any particular diet, product, or service.

We hope you accept our invitation to join us for Suppers and experience the logical miracle.

### Ten Boundaries

Ten boundaries protect the spirit and culture of the Suppers groups. They may be regarded as guidelines for the therapeutic friendships that form at meetings. Observing these boundaries sets each member on a self-determined path of healing using the authentic settings of the Suppers tables, and the real settings of life.

1. The only requirement for membership is the desire to lead a healthier life.
2. Members practice non-judgment for the sake of self, others, and group health. We foster a spirit of curiosity and experimentation to assure healing for the greatest number.
3. Suppers embraces the time-honored tradition of anonymity. Attendance at Suppers constitutes commitment to refrain from the mention of what is said and who is seen at meetings.
4. The role of the facilitator is to guide meetings according to the agreed upon format, the concepts, and ten boundaries of the group. Facilitators help members honor each other's competence and ability to determine their own paths.
5. The role of members is to honor all members' competence and determine for themselves the path they'll take to a healthier life. The steps will include listening, experimenting, self-observing, and deciding the course for themselves.
6. Each group is autonomous, co-created by its members, and has its own personality. Details around type of meeting, time, format options, and food preferences are up to its members.
7. When conflict happens resolution is sought in the ten boundaries and concepts; members may call for a group conscience, a meeting that gauges the sense of the group.
8. Suppers refrain from profit-making relationships, neither pay for services nor promote commercial interests. Each Suppers group is self-supporting, raising only enough money to meet meeting costs for groceries and location. Outside speakers and literature are welcome. In the spirit of curiosity and experimentation, the Suppers forum invites educational but not promotional messages.
9. Members take responsibility for getting professional help as needed. Some may better understand what kinds of help they need by working the Suppers program and establishing mutually healing friendships.
10. Suppers orient themselves to the restoration of family tables at home and in the wider world.

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### **Final Meal Prep and Serving**

#### **Suppers Prayer**

Let gratitude fill me,  
Family and friendship sustain me,  
And respect for my body, mind, and spirit  
Guide my choices

#### **Suppers Stories and Suppers Forum**

#### **Closing**

Thank you for joining our family table, for offering your friendship and sharing your self.  
Our parting wish for you is that you find the healthier life you seek, in body, mind, and spirit.