

Suggested Leader's Script

Please take a breath...and join us in the opening.

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

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 whole food preparation, restoration of family tables, and formation of healthy habits which, though simple, are hard to follow without support. At Suppers, we don't tell you what or how to eat. Our focus is on supporting your personal pathway to better health using whole food. *You* set the course and the pace. While you're at the Suppers table, you'll receive unconditional support, regardless of the pace of your progress. At Suppers, we're committed to the active practice of non-judgment because we know people don't heal when they feel judged.

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, your loved ones, and anyone to whom you pass on the program. What we ask in return is that all who attend embrace our non-profit spirit and share their experience while refraining from the promotion of any particular diet, product, or service.

Groceries come to about \$_____ today; did everyone remember to pay for your groceries?

(Read only if we have newcomers.)

We have a newcomer today so let's go once around the table, introduce ourselves by first name, and *briefly* share what brings us to Suppers.

Are there any announcements?

To start familiarizing you with the boundaries, terms and concepts of our program, we read one of the boundaries and one concept at each meeting. Today I have selected:

boundary # _____ and concept # _____

Welcome to the tables of Suppers!

Eat and Meet

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.