

GreySheeters Anonymous Qualification Phone Meeting Format (Thursday, 5:30am)
DRAFT

Introduction: My name is _____, a compulsive eater, and your chair/facilitator for this meeting. This is the Thursday, 5:30am GreySheet Qualification meeting. After a moment of silence for those who still suffer, will those who care to please join me in the **Serenity Prayer** (*chair/facilitator may also add, "Press *1 to unmute, if you'd like to join us."*):

*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.*

Is there someone on the call who can read the **GreySheet Preamble**? (*If more than one person speaks, the chair/facilitator can say, "I heard two people. Who came in with _____? _____ can read the Preamble, and _____ can read the Purpose." If no one volunteers, the chair/facilitator reads*)

GreySheeters Anonymous Preamble*:

GreySheeters Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from compulsive overeating. The only requirement for membership is the desire to stop eating compulsively. There are no dues or fees for GSA membership; we are self-supporting through our own contributions. GSA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay abstinent and help other compulsive overeaters to achieve abstinence.

Is there someone on the call who can read the **GreySheet Group Purpose**? (*If more than one person speaks, the chair/facilitator can say, "I heard two people. Who came in with _____? _____ can read the Purpose and _____ can read the 12 Steps. If no one volunteers, the chair/facilitator reads*)

GreySheet Group Purpose:

This group has been founded and designed to discuss the fundamentals or basics of attaining and maintaining Greysheet abstinence. For that purpose, we explore together the utilization of the program of Alcoholics Anonymous in arresting compulsive eating. We strongly support Greysheet. We require that our meeting leaders be abstinent for at least 3 months on the Greysheet. We support a vigorous and positive attitude toward Greysheet abstinence---which we define as 3 weighed and measured meals a day with nothing in between, but black coffee, tea, or diet soda.

Is there someone on the call who would like to read the **Twelve Steps**? (*If more than one person speaks, the chair/facilitator can say, "I heard two people. Who came in with _____? _____ can read the 12 Steps and _____ can read the Tradition of the Month and the 12th Tradition. If no one volunteers, the chair/facilitator reads*)

The Twelve Steps of GSA*:

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters, and to practice these principles in all our affairs.

Is there someone on the call who would like to read the **Tradition of the Month and the 12th Tradition**? (*If not, the chair/facilitator reads*)

The Twelve Traditions of GSA

1. Our common welfare should come first; personal recovery depends upon GSA unity.
2. For our group purpose there is but one ultimate authority--a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants - they do not govern.
3. The only requirement for GSA membership is a desire to stop eating compulsively.
4. Each group should be autonomous except in matters affecting other groups or GSA as a whole.
5. Each group has but one primary purpose - to carry its message to the overeater who still suffers.
6. A GSA group ought never endorse, finance or lend the GSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every GSA group ought to be fully self-supporting, declining outside contributions.
8. GSA should remain forever nonprofessional, but our service centers may employ special workers.
9. GSA as such ought never be organized, but we may create service boards or committees directly responsible to those they serve.
10. GSA has no opinion on outside issues; hence the GSA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Identifying Ourselves

Would everyone who cares to, please say your name, where you are calling from? **(Chair/facilitator begins: "Hi, I'm _____, from _____," Chair/facilitator greets each person who identifies him/herself, e.g., "Welcome/Good morning/Hi, _____." If more than one person speaks, the chair/facilitator can say, "I heard two people. Welcome, _____. Who came in with ____?")**

Day Counts and Milestones

Page 17 in the Big Book of Alcoholics Anonymous states, "The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly harmonious action." That common solution for us is GreySheet abstinence. Members who are counting 90 days or less of GreySheet abstinence, please identify yourself by name and tell us your day count so that we may acknowledge you. **(Chair/facilitator acknowledges each day count, e.g., "Yeah/Congratulations, _____!")**

Do we have any members who are celebrating anniversaries of GreySheet abstinence today or this past month? Multiple years, 9 months, 6 months, 3 months? **(Chair/facilitator acknowledges each milestone, e.g., "Yeah/Congratulations, _____!")**

Phone Meeting Guidelines

I will now read a few guidelines:

1. When connecting to the bridge, you come in **muted**.
2. Press *1, to un-mute, and *1 to mute again.
3. It is important to keep yourself muted at all times unless you are sharing.
4. This meeting has a moderator who will mute the line when asked by the chair.
5. By Group Conscience, the Chair/facilitator is empowered to interrupt to address distractions including foul language.

7th Tradition

The 7th Tradition states that there are no dues or fees for GSA membership, however, we are self-supporting by our own contributions. By group conscience, this meeting has decided to send its contributions directly to the GSA Phone Bridge Intergroup. If you wish to make a donation, you can donate via PayPal (www.greysheetmeeting.org/intergroup-donations) or via check made payable to: GSA Phone Bridge Intergroup, and mailed to:

GSAPB Intergroup
PO Box 64
Jonesborough, TN 37659

Any questions, can be addressed to our current receiving treasurer _____. If you can contribute, please do so! These meetings help us to reach GreySheet members and newcomers far and wide. If you cannot contribute, keep coming back.

Announcements

Are there any GreySheet related announcements?

Qualification

Is our Speaker on the call? Would you like a 15 minutes heads up? **(Chair/facilitator can time the speaker, if the speaker wishes.)** It is my pleasure to turn the meeting over to _____ who will qualify for approximately 15 to 20 minutes on their Experience, Strength, and Hope related to GreySheet abstinence. **(At 15 minutes, the Chair/facilitator can say, "_____ that is the 15 minute mark." At 20 minutes, the Chair/facilitator can say, "_____ that is 20 minutes, would you like to wrap it up and to leave your telephone number?")**

Group Conscience/Sharing

By Group Conscience: 1) our business meetings are on the last Thursday of the month; 2) we do not have a treasurer, our contributions go directly to the GSA Phone Bridge Intergroup; 3) we do not mention specific foods by name, 4) we only reference AA Conference-Approved Literature, and 5) we have decided to have 3 minute timed shares. Please no cross talk (speaking **positively or negatively** about a previous share). We want all to feel welcome and to avoid the impression of being exclusive or critical. Is anyone willing to be the timekeeper? **(The GSR may add to or change this Group Conscience as the group makes decisions.)**

Closing (10 minutes before the end of the hour)

It is now time to bring the meeting to a close. Does anyone have a brief "Burning Desire to Share" **(Chair/facilitator may add, "we have time for one or two one minute shares")**. Would anyone like to "Claim Their Seat?"

Thank you all for a great meeting. In closing, please remember our 3rd Tradition, which states, "*The only requirement for GreySheet membership is the desire to stop eating compulsively.*" If you have heard anything that you do not understand or with which you do not agree, please ask your sponsor and Don't Eat No Matter What!

Through sponsorship, we carry the message to others. Are there any Available GreySheet Sponsors on the line? Please state your name and phone number slowly. **(Chair/facilitator may ask the person to state their number twice, or may decide to repeat the number themselves before moving on to the next person.)**

At this time, please call out the names of those persons from whom you would like to obtain a telephone number. Could these people please stay on the call to give out their telephone numbers after we say the Serenity Prayer? **(Chair/facilitator takes down the names of any request for phone numbers.)**

Thank you all for sharing and now, 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!**

Phone Numbers

Is _____ on the line, and would you like to give us your phone number?

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