

GreySheeters Anonymous Traditions Meeting Format

Introduction My name is _____, a compulsive eater, and your leader for this meeting. My first 6 digits are _____. This is a GreySheet Traditions meeting. We read the Tradition of the Month from The 12 Steps and 12 Traditions of Alcoholics Anonymous and share on it. After a moment of silence for those who still suffer, will those who care to please join me in 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.*

Is there someone who can read the **GreySheet Preamble**? (After allowing enough time for someone to unmute, the leader 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**? (After allowing enough time for someone to unmute, the leader 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**? (After allowing enough time for someone to unmute, the leader 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 **Twelve Traditions**? (After allowing enough time for someone to unmute, the leader 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? (i.e., "Hi, I'm _____, from _____ - leader welcomes each person after they have said their name)

Day Counts and Milestones

Page 17 in the **Big Book of Alcoholics Anonymous** states that we have found a common solution upon which we can absolutely agree and with which we can join in brotherly harmonious action. That common solution for us is GreySheet abstinence. Would anyone like to announce their day count or mile stone so that we may acknowledge you?

Phone Meeting 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.

7th Tradition

The 7th Tradition states that there are no dues or fees for GSA membership. We are self-supporting by our own contributions. By group conscience, this meeting has decided to send our contributions to the GSA Phone Bridge Intergroup Treasury. Donations can be sent to: GSAPB Intergroup PO Box 64 Jonesborough, TN 37659. Checks are made out to "GSA Phone Bridge Intergroup." 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?

Group Conscience/Sharing

The group conscience for this meeting is that we meet the second Sunday of each month before the GSA Phone Bridge Intergroup meeting from 4:00pm to 4:45pm, we read the Tradition of the month from the **12 Steps and 12 Traditions of Alcoholics Anonymous** and have and share on it. Our business meeting can be called during announcement time, by anyone attending the meeting. All donations are sent to the Intergroup Treasury. By Group Conscience we do not mention specific foods by name and we only reference AA Conference-Approved Literature. Who would be willing to start today's reading?

We are now open sharing. (If there are more attendees than time allows, shares are timed for 3 minutes.) Is someone willing to be our timekeeper?

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" or is there someone who would 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!

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?

Name _____ Phone Number _____

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!**

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