

Open GSA Phone Bridge Intergroup Minutes
June 14, 2009

We opened with the *Serenity Prayer* at 5:00pm.

The **12 Traditions** were read.

GSRs present: [REDACTED]

A motion was made, seconded, and passed to accept the minutes from the previous meeting as distributed.

A motion was made, seconded, and passed to nominate [REDACTED] our representative to serve on the 2010 World Service Steering Committee meeting.

[REDACTED] spoke to the GSAWS Treasurer who suggested that the Phone Bridge Intergroup establish its own treasury from which we can draw as necessary. Any further discussion about establishing a treasury is tabled until the steering committee has done more planning.

The GSA Phone Bridge Intergroup Treasurer position is still open. No one stepped forward to fill the position today.

The meeting proceeded with an open discussion on whether or not the phone bridge would like to adopt the following guidelines for our meetings:

1. We weigh and measure three meals a day from the **GreySheet** without exception. "Without exception" means everywhere and at all times, in restaurants and at parties as well as at home. We write down and call our meals into a qualified food sponsor. A food sponsor has at least 90 days of back-to-back **GreySheet** abstinence. If we need to make any food changes after committing our food, we talk to a qualified food sponsor.

A motion made, seconded, and passed to accept #1 as written.

2. The meeting leader or qualifier has at least 90 days of back-to-back **GreySheet** abstinence.

A motion made, seconded, and passed to accept #2 as written.

3. The leader will share his/her experience, strength, and hope for **approximately** 15-20 minutes. Then there will be a 7th Tradition break, **GreySheet** announcements, celebrating ~~people counting days~~ **day counts or milestones**, and identifying available sponsors. The rest of the meeting is for personal sharing. ~~by a show of hands. (Option: If the meeting is a large one, Shares may be limited to 2 or 3 minutes (usually including the mantra) using a timer.)~~ The meeting closes with the Serenity Prayer.

A motion made, seconded, and passed to accept #3 as discussed.

4. Questions about the **GreySheet** can be discussed after the meeting is over **by asking for phone numbers of qualified sponsors**. The **GreySheet** comes with a sponsor. Any questions or comments are saved until after the meeting is over.

A motion made, seconded, and passed to accept #4 as discussed.

5. The meeting **length varies from 30 to 90 minutes (see schedule)**.

A motion made, seconded, and passed to accept #5 as discussed.

6. When sharing, please don't mention foods by name. If we need to mention food, we use a generic term, such as "carbohydrate." Meetings are for positive pitches for GreySheet abstinence. Share your experience, strength, and hope about living in the solution. **As in AA, there is no cross talk during the meeting. We also refrain from interrupting and from using foul language.**

A motion made, seconded, and passed to accept #6 as discussed.

- ~~7. There is no eating during meetings. Black coffee, tea, no-calorie soft drinks, and sugar free gum are acceptable. (Omit)~~

A motion made, seconded, and passed to omit #7.

7. **Each group has as but one purpose – to carry the message to the compulsive eater who still suffers.**
8. Our program is based on the Twelve Steps and Twelve Traditions of AA. It is suggested that we read the AA "Big Book," "Alcoholics Anonymous," and the AA "12 and 12 - Twelve Steps and Twelve Traditions."

A motion made, seconded, and passed to propose the new #7 (see above) and accept #8 as written.

9. To support **GreySheet** abstinence we attend **GreySheet** and AA meetings as often as possible. A suggestion for newcomers is "90 in 90," i.e., 90 meetings in 90 days. After that, a general guide is at least three meetings per week. **We also suggest the newcomer attend 6 meetings before deciding if GreySheet is for you.**

A motion made, seconded, and passed to accept #9 as amended.

10. The telephone is an important tool. Please feel free to ~~obtain numbers from anyone here~~ **ask for numbers at the end of the meeting.** Three **GreySheet** phone calls a day are suggested to support our abstinence.

A motion made, seconded, and passed to accept #10 as discussed.

11. Anonymity is the spiritual foundation of the program: "What you hear here, who you see here, when you leave here, let it stay here." We do not mention other **GreySheet** members by name in their absence and we do not name our sponsors.

12. Remember: "Don't Eat No Matter What" and "There Is Always Another Meal Coming."

A motion made, seconded, and passed to accept #11 & #12 as written.

The next Open GSA Phone Bridge Intergroup Meeting will be 5-6pm EST, September 13, 2009 with subsequent meetings each quarter (second Sunday in March, June, September, and December).

For all interested GSRs, the steering committee meetings will be the first Sunday of the month in July, August, and September, 5-6pm EST, in preparation for the September 13, 2009 meeting.

We closed with the **Serenity Prayer** at 6:04pm.

Respectfully submitted,

