

## GreySheeters Anonymous Phone Bridge Group Conscience/Business Meeting Format

Adapted from Robert's Rules of Order **Leader or GSR leads**

Let us open with the “we” version of the **Serenity Prayer**.

*God, grant us the serenity  
To accept the things we cannot change,  
The courage to change the things we can,  
And the wisdom to know the difference.*

Is there someone willing to read the **12 Traditions**? (If not, 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.

**Acceptance of Minutes:** The Secretary/GSR reads the Minutes from the last business meeting. Is there a motion to accept the minutes as read/or amended?

**Treasurer's Report:** Would the Treasurer please give a report on our current donations and expenses?

**Unfinished Business:** The unfinished business from our last meeting includes:

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**New Business:** Giving service makes our meeting possible and helps us all to stay abstinent. We encourage you to give service on this meeting. Our meeting needs a new \_\_\_\_\_ (Leader/Booker/Treasurer/etc.). Is there anyone who is abstinent as we define it and is willing to serve this meeting as a Qualified \_\_\_\_\_ (Leader, Booker, Treasurer, etc.)? We define abstinence as weighing and measuring **only** three meals a day **only** from foods listed on the GreySheet, without exception.

Is there any other new business?

Our next Business Meeting will be \_\_\_\_\_.

Please join me in closing the meeting with the **Serenity Prayer**.

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To accept the things we cannot change,  
The courage to change the things we can,  
And the wisdom to know the difference.*

*\*\*The Twelve Steps and Twelve Traditions are reprinted with permission (1998) of Alcoholics Anonymous World Services, Inc. Permission to reprint and adapt the Twelve Steps and Twelve Traditions does not mean that A.A. is in any way affiliated with this program. A.A. is a program of recovery from alcoholism only —use of the Steps and Traditions in connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.*