

## GreySheeters Anonymous Marathon Phone Meeting Format

### Introduction

Welcome to the GreySheeters Anonymous Phone Bridge. What distinguishes GSA from other food programs is that we weigh and measure **only** three meals per day **only** from foods listed on the GreySheet, without exception. Qualified leaders have at least 90 days of back to back GreySheet abstinence. My name is \_\_\_\_\_, a compulsive eater, and your Qualified Leader for this meeting. This is a GreySheet marathon meeting. The format will be different to allow more time for sharing. Day counts and milestones can be shared during introductions. We will ask for sponsors at the end of the meeting.

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 on the call who can read the **GreySheet Preamble**? (If not, 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 eating. 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 eaters to achieve abstinence.

Is there someone on the call who can read the **GreySheet Group Purpose**? (If not, 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**? (If not, 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 eaters, 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 12<sup>th</sup> Tradition*? (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 compulsive eater 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, and if you would like to share your day count/milestone? (i.e., "Hi, I'm \_\_\_\_\_, from \_\_\_\_\_, and I have \_\_\_\_\_ of GS abstinence")

### Phone Meeting Guidelines

I will now read a few guidelines:

1. When connecting to the Bridge, you come in **muted**.
2. Press \*1 to unmute, and \*1 to mute again.
3. It is important to keep yourself muted at all times unless you are sharing.
4. All disruptions are addressed by the Leader asking the Moderator to mute the Bridge.
5. By Group Conscience, the Leader is empowered interrupt to address distractions, including foul language.

### Qualification (15 minutes)

Speakers qualify who have at least 90 days of back-to-back GreySheet abstinence - eating **only** three weighed and measured meals per day **only** from foods listed on the GreySheet, without exception. Is our Speaker on the call? Could you please give us your phone number? Would you like a 5 minute heads up? It is my pleasure to turn the meeting over to \_\_\_ who will qualify for 15 minutes on their Experience, Strength, and Hope related to GreySheet abstinence.

### Group Conscience/Sharing

By Group Conscience we do not mention specific foods by name and we only reference GSA and AA Conference Approved Literature. 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. By Group Conscience, this meeting has also decided to have 3-minute timed shares. Is anyone willing to be the timekeeper?

**(Close 15 minutes before the end of the hour for sponsors and phone numbers; please be mindful of the time.)**

This will be our last full share. This meeting will promptly close at the top of the hour.

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 Qualified GreySheet Sponsors on the line? Qualified GreySheet Sponsors have at least 90 days of back-to-back GreySheet abstinence, eating **only** three weighed and measured meals per day **only** from foods listed on the GreySheet, without exception. If you need a sponsor, please take down names and telephone numbers of available GreySheet sponsors. Are there any Qualified GreySheet Sponsors on the line? Please state your name and phone number slowly.

(take names and numbers)

Please call out the names of those persons from whom you would like to obtain a telephone number.

(take names)

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!**

*\*The AA Preamble is adapted with the permission (2020) of the A.A. Grapevine, Inc. Permission to adapt the Preamble does not in any way imply affiliation or endorsement of this organization.*

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