

Introduction: Hello. I am _____, a compulsive eater and your leader for this meeting. Welcome to the Ann Arbor meeting of Greysheeters Anonymous. We are a hybrid meeting, comprised of the Ann Arbor home group plus others joining us on the phone. We welcome everyone. There are two guidelines: during open portions of the meeting, please speak up when you would like to share, and please remain muted at all other times. Press *1 to unmute yourself and *1 again to re-mute yourself. We're so glad you're with us today.

Let's start with the **Serenity Prayer**.

This is a closed meeting. In support of GSA's singleness of purpose, attendance at closed meetings is limited to people who have a desire to stop eating compulsively. If you think you have a problem with food, you are welcome to attend this meeting. Group conscience has decided this is a First Step meeting, and we focus on the food. We ask that, when discussing our problems, we confine ourselves to those problems as they relate to food addiction. We do not mention specific foods by name, and we do not describe foods using terms, images, or specific brands that will clearly identify these foods, even without actually naming them, as this may be triggering to some. Instead, please use generic terms like sugar, grains, starches, carbohydrates, protein, etc.

Sharing should be focused on attaining and maintaining Greysheet abstinence.

Would someone like to read the
√ **Group Preamble*** √ **Group Purpose** √ **Twelve Steps****
√ **Tradition of the Month and the Twelfth Tradition****

According to the 7th Tradition, there are no dues or fees for GSA membership and our meetings are open to everyone regardless of ability to contribute. However, we are fully self-supporting and decline outside contributions—and when we donate what we are able, our contributions nurture our meetings, website, literature, and communications with members and those still suffering.

We invite everyone who attends this meeting, both face-to-face as well as by phone, to contribute if able to our 7th tradition. Please go to PayPal.com and send your donation to a2gsmi@gmail.com. Together, we can help to sustain the organizations that allow us to continue to share our message of Greysheet recovery.

Would all who care to **please introduce yourselves?**

Do we have any Greysheet-related announcements?

Is anyone counting days of back-to-back Greysheet abstinence?

Is anyone counting **months or years?**

Press *1 to unmute

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QUALIFICATION—SPEAKER

At this time, a speaker with 90 days or more of back-to-back Greysheet abstinence will qualify, telling their story for 15-20 minutes. Is our speaker on the call?

- Who would like to be the timer for this meeting?
- Would you like a reminder at 15 minutes?

AFTER qualification: Thank you for sharing your experience, strength, and hope with us today. Would you like to leave your phone number?

SHARING

It is now time to open the meeting for sharing. We remind you that group conscience has decided this is a First Step meeting, and we focus on the food. We ask that, when discussing our problems, we confine ourselves to those problems as they relate to food addiction. We do not mention specific foods by name, and we do not describe foods using terms, images, or specific brands that will clearly identify these foods, even without actually naming them, as this may be triggering to some. Instead, please use generic terms like sugar, grains, starches, carbohydrates, protein, etc.

Sharing is limited to 4 minutes with a focus on attaining and maintaining Greysheet abstinence.

Would our timekeeper like to share first?

Is there anyone who would like to share? Press *1 to unmute.

Would anyone just like to claim their seat?

CLOSING

Are there any available qualified food sponsors? "Qualified" means having at least 90 days of back-to-back Greysheet abstinence. (Please give your name and phone number.)

Please remember the 3rd Tradition which states *"The only requirement for GSA membership is the desire to stop eating compulsively."*

If you have heard anything you do not understand or do not agree with, please ask your sponsor and don't eat no matter what.

Would someone like to read the **Promises**?

Is there anyone who would like the phone number of someone who spoke today or would like to give their own number to receive outreach calls?

A FEW REMINDERS

- Please arrive early enough so we can start on time.
- To volunteer to do service, contact Jayne or Cheryl.
- To make a 7th tradition contribution, please go to PayPal.com and send your donation to a2gsmi@gmail.com.

Thanks to everyone who participated today.

Let's close with the **Serenity Prayer**.

Keep coming back. It works if you work it. And don't eat no matter what.

GreySheeters Anonymous Preamble*

GreySheeters Anonymous is a fellowship of people 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.

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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.

The Twelve Steps of GreySheeters Anonymous**

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.

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The Twelve Traditions of GreySheeters Anonymous**

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. GreySheeters Anonymous 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. GreySheeters Anonymous 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.

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Promises

This text is found on pages 83-84 in *Alcoholics Anonymous*, (also known as the “Big Book”). These promises of AA are presented as part of working Step 9**, which involves making amends.

If we are painstaking about this phase of our development, we will be amazed before we are half way through.

- We are going to know a new freedom and a new happiness.
- We will not regret the past nor wish to shut the door on it.
- We will comprehend the word serenity and we will know peace.
- No matter how far down the scale we have gone, we will see how our experience can benefit others.
- That feeling of uselessness and self-pity will disappear.
- We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.
- Our whole attitude and outlook upon life will change.
- Fear of people and of economic insecurity will leave us.
- We will intuitively know how to handle situations which used to baffle us.
- We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.

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