

A general guideline for your participation in GreyNet is that GreyNet is like a GreySheet meeting - similar guidelines apply to the sharing on the GreyNet as apply to sharing in a GreySheet meeting. Just as in a GreySheet meeting, the GreyNet is mainly for positive pitches on GreySheet abstinence. Share your personal Experience, Strength, and Hope (ESH) on GreySheet abstinence. Sharing your personal ESH means using the "I" form rather than "we" or "you" as much as possible. Avoid lecturing or advising other members.

The GreyNet is not appropriate for:

1. Using another GreySheet or GreyNet member's name without permission, or in referring to her post, or posting conversationally worded messages for other GreySheeters, such as "John, please confirm the meeting location for Saturday." or "Jane, please email me today." Mentioning a member's name when searching for them is appropriate, for example, "I am trying to contact Mary in Indiana."
2. Referring so explicitly to another member's post that your post was effectively a direct response to hers.
3. Replying to another member's post on the GreyNet instead of individually.
4. Including links to non-AA or GreySheet websites.
5. Quoting non-AA conference-approved literature. Quotes from GreySheet literature that is pending 2010 GSA conference approval, i.e., the Shades of Grey newsletter compilation and the "Greysheeters Anonymous: A Solution for Compulsive Eaters" pamphlet is appropriate.
6. Including extensive quotes even from AA conference-approved literature or GSA pending-approval literature: This includes poetry from known and anonymous sources.
7. Replying to the GreyNet Digest or message, including the entire Digest or the previous post in your own message.
8. Mentioning specific foods by name. Just as in a GreySheet meeting, we do not mention foods, abstinent or non-abstinent,
9. Asking questions about or discussing abstinence definitions that should be directed only to your sponsor.
10. Lecturing or advising others rather than sharing your personal Experience, Strength, and Hope.
11. Requesting that a copy of the Greysheet be mailed to you or emailed to you. The Greysheet comes with a sponsor and should not be given out by anyone other than your sponsor.
12. Posting material with no relevance to GreySheet abstinence.
13. Forwarding messages to non-GreyNet members without getting permission from the original sender. This includes GreySheet members without a GreyNet membership. Just as we practice in live meetings, shares on the GreyNet stay on the GreyNet. What you see here, what you read here, when you leave here, let it stay here.

14. Posting chain mail, virus warnings, political or commercial messages including automatically appended signature lines that contain marketing messages. Including your job title or company name in your automatically appended signature is acceptable.

15. Using the addresses of other members to mail out advertising, political agendas, jokes, etc.

16. Engaging in debate about GreySheet World Service issues such as the Service Structure. Discuss these with your Group Service Representative (GSR), Intergroup Delegate or Board Liaison.

Any member who does not follow these guidelines will immediately and without warning be placed on Moderation. This means that all of that member's emails will first go to the moderator for review before being forwarded to the GreyNet. Upon moderation, the member will receive an email from the moderator announcing the change in her/his status and identifying which guideline is involved. A disadvantage of moderation is that it can take up to 48 hours for the moderator to review and forward your post.

Moderation lasts for three months after which time the member will be returned to unmoderated status.

A second violation of the Guidelines while on Moderated Status will extend the length of the member's Moderated Status another 3 months.

A third violation will result in the member being banned for one year. Upon the member's request by email to [greynet\\_moderator@yahoo.com](mailto:greynet_moderator@yahoo.com) after the year has elapsed, the membership will be reinstated to Moderated Status for 3 months following the reinstatement.

**Please note:** If your account appears to be hacked because it is spamming the GN or the moderator, we will assume you will close it to avoid ongoing spamming of everyone in your address book and we will remove it from the GN so that you may resubscribe with your new address.

Things that are absolutely forbidden on GreyNet and will result in you being **banned** include:

- Attacking other people (Even if you do this privately).
- Attacking the GreySheet food plan or program.
- Attacking or harassing the GreyNet Moderator.

When in doubt, or if you have any questions about these guidelines, please ask the moderator before you post: [greynet\\_moderator@yahoo.com](mailto:greynet_moderator@yahoo.com).