

## **Esther Helga's presentation for the World Service Board, at the New York Roundup 2007**

### **Our need for a World Service Conference and our need for help to get this accomplished.**

When I came to GreySheet I was beat to the ground, I had tried everything in the world to find a cure for my condition. When I came to GreySheet it was the very first time I saw recovery, I saw in the people's eyes something existing, something different, and people had normal bodies. For the first time I found hope for a person like me, even me, this might even work for me. And it did and I owe GreySheet my life.

I soon realized I needed and wanted to go all the way in my recovery, the food plan thought me that I needed to let go of controlling my food and that I had to follow directions from my sponsor, that if I was to recover I needed to do what my sponsor and the people that had walked before me had done to recover.

I needed to have a sponsor, an abstinence date and a home group, work the steps, to sponsor others when I was qualified to do so and to do service to GreySheet in every way that was needed. I learned not to visit my program when it was convenient for me or when I was desperate, but to dwell within my recovery and make my recovery my life.

I became active, served as coffee and tea maker, cupwasher, secretary and later became a GSR and a contact person for my home group.

When I started GreySheet February 8th 2003, there had been a group going for three years, it was a registered GSA group, we had a GSR and the GreySheet had been translated into Icelandic. Soon after I started GreySheet we wanted to open an Icelandic website and in the process of doing so, we needed to form a company status, and get a social security number.

We decided to look to the AA fellowship in Iceland as to how they had formed their structure.

We formed an Intergroup which we call Icelandic GSA Service Committee, we set out a bylaw structure similar to what AA has.

This Service Committee was to service our community as needed;

If and when there would be literature to have it translated and printed.

To organize a retreat each year, where there is an open meeting of the GSA Icelandic Service Committee, for them to let the community know what services they have done in the past year, to elect new people into the committee and discuss anything that needs to be discussed.

To connect to World Service.

### **Things we have accomplished in the last few years:**

- We have about 30 people doing GreySheet today and 3 meetings a week in Reykjavík area and a small meeting in the West fjords of Iceland.
- We've written letters to healthcare professionals in Iceland.
- We've gotten press on our yearly birthday of GSA in Iceland and our special open meeting for the occasion.
- We even were invited by our own "Oprah" to do a TV show about GreySheet and our abstinence, which was, of course, all done anonymously.

- With that, a huge part of the Icelandic public learned that there is something called food addiction and most importantly, that there is a solution!!
- We had a big show up at the time, people came in, tried GreySheet and left, and now a few years later, what I feel is happening is that people are coming back.
- We also have step study meetings.
- Our website is being visited quite a lot.

Now you may say wow how great! And it is. We were acting out of enthusiasm, we sought the guidance of our World Service Board members, and I think we did a good job.

What in my experience, after having been a part of all this is that we need to build a service structure, so that we can have the approved literature that we need and the guidelines on how to present our wonderful and precious fellowship.

So we can fulfill our primary purpose which is; to be abstinent ourselves and thus give other suffering compulsive overeaters hope and knowledge that there is a way and that we don't have to live this way.

**We need to help our Higher Power to get the message out, who else is he going to use if not us!**

We are an old / young fellowship, we have people who have been abstinent off of the GreySheet for over 30 years, but we're only 9 years old as a fellowship.

For me, I like to think of this as a tremendous opportunity for us. We can have a fresh start with the clarity of the elders guiding our way; we need to take hands together and ensure that everyone has a voice in our fellowship, that everyone matters and that there is opportunity for us all to grow in our community.

For as the newcomer needs to see the light in our eyes or sound of enthusiasm in our voices to realize that there is hope for us compulsive overeaters and for us that have been here longer, to experience the newcomers pain, for us to be reminded of our own, we must ensure that there is a future for us, that we continue to grow.

I'm new to the World Service Board, and I feel so honored to have the opportunity to do service for my GSA Community, my lifeboat.

To get to work beside these people that have done such unselfish, guided work in preparing for the next step, which is to form a service structure for GSA and stand by our abstinence, to really form a foundation for us.

So that to ensure the future for the Compulsive Overeaters that are willing to do the work of being abstinent.

**Thank you!**