

Cheryl P.
Attorney and Counsellor at Law

May 20, 1998

Facsimile and Certified Return Receipt

General Services Office of Alcoholics Anonymous
475 Riverside Drive
New York, New York 10115
Attention: Thomas Jasper, Esquire or
Ms. Shirley Sykes

Re: Request for Permission to Use AA Copyrighted Material

Dear Mr. Jasper and/or Ms. Sykes:

On behalf of GreySheeters Anonymous World Services, Inc., I am requesting permission for this organization to use and incorporate the ideas and concepts of the "Twelve Steps" and "Twelve Traditions" of Alcoholics Anonymous into its program of recovery at any of its business and group meetings with full credit being given to Alcoholics Anonymous as its basis of recovery from compulsive overeating. In order to help carry the message of recovery from compulsive overeating, GreySheeters also requests permission to use the books Alcoholics Anonymous and the Twelve Steps and Twelve Traditions and any other AA conference approved literature which GreySheeters finds useful in our recovery program to aid members in their recovery. The organization would also reprint these traditions and steps for its group meeting formats, by-laws, and printed materials such as the Cambridge GreySheet plan of eating while giving AA full credit until such time as it can formulate its own 12 Steps and 12 Traditions as other 12 Step programs have done in the past. For example, if GreySheeters were to change the language to suit its specific purpose, an amended First Step might read, but not necessarily, as follows: "We admitted we were powerless over sugars and carbohydrates - that our lives had become unmanageable." However, in the very beginning, the organization will probably just use the 12 Steps and 12 Traditions as written. We hope to receive AA's permission before the by-laws have been completed because the Steps need to be incorporated into the by-laws and reprinted on the meal plan.

GreySheeters Anonymous was organized and incorporated as of April 7, 1998. as an anonymous 12 Step fellowship for compulsive overeaters who believe that they can recover from their compulsion to eat sugars, other carbohydrates and volumes of food only by weighing and measuring their food without exception, avoiding certain foods, the "Cambridge GreySheet", and using the program of Alcoholics Anonymous and plan of eating. The formal name of the not-for-profit corporation is GreySheeters Anonymous World Services, Inc.

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.
475 RIVERSIDE DRIVE, NEW YORK, NY 10115 (212) 870-3400
(Between 119th and 120th Streets)

May 21, 1998

Please direct all communications to:
GRAND CENTRAL STATION
P.O. BOX 459
NEW YORK, NY 10163
FAX# 212-870-3003

Cheryl P.

Dear Ms. C.:

Thank you for your fax, dated May 20, 1998, in which you are requesting permission to reprint/adapt the Twelve Steps and Twelve Traditions for use in your program, entitled "GreySheeters Anonymous."

We request that the Twelve Steps and the Twelve Traditions be reprinted first in a series, unaltered and unseparated, followed by a credit line/disclaimer. You may then adapt them to suit your specific needs, as you indicated. The credit line/disclaimer should state:

The Twelve Steps and Twelve Traditions are reprinted with permission 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.

Please see enclosed sample.

If you agree to the above, we will have no objection to your use of the Steps and Traditions as described. Thank you in advance for your anticipated cooperation.

Sincerely,
Shirley W. Sykes
Services Assistant

Enclosure: Sample

THE TWELVE STEPS OF

1. We admitted we were powerless over ___ — 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 ___, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF

1. Our common welfare should come first; personal recovery depends upon _____ 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 _____ membership is a desire to _____.
4. Each group should be autonomous _____ in matters affecting other groups or _____ as a whole.
5. Each group has but one primary purpose — to carry its message to the _____ who still suffers.
6. An _____ group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every _____ group ought to be fully self-supporting, declining outside contributions.
8. _____ should remain forever non-professional, but our service centers may employ special workers.
9. _____, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. _____ has no opinion on outside issues; hence the A.A. 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 films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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