

GreySheeters Anonymous Meeting Format

Introduction

My name is _____, a compulsive eater, and your leader for this 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.

Would someone like to read the **GreySheet Preamble**?

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 overeating. 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 overeaters to achieve abstinence.

Would someone like to read the **GreySheet Group Purpose**?

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 who would like to read the **Twelve Steps**?

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 overeaters, and to practice these principles in all our affairs.

Is there someone who would like to read the **Tradition of the Month and the Twelfth Tradition**?

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 overeater 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.

The leader may also read the **GreySheet Meeting Guidelines**.

Qualification

It is my pleasure to turn the meeting over to ___ who will qualify for approximately 15-20 minutes on his or her Experience, Strength, and Hope related to GreySheet abstinence.

7th Tradition

The 7th Tradition states that there are no dues or fees for GSA membership. We are self-supporting declining outside contributions.

Announcements

GreySheet-Related Announcements are submitted to the Secretary/Leader ahead of time, and the Leader makes announcements at this time.

Day Counts and Milestones

Page 17 in the Big Book of Alcoholics Anonymous states: "*The tremendous fact for every one of us is that we have discovered a common solution. We have a way out on which we can absolutely agree, and upon which we can join in brotherly harmonious action.*"

That common solution for us is GreySheet abstinence.

Is anyone counting 90 days or less of GreySheet abstinence? Is anyone celebrating 6 months, 9 months, or **Anniversaries** of GreySheet abstinence today?

Sponsors

Through sponsorship, we carry the message to others. Are there any **Available GreySheet Sponsors**?

Sharing

It is now time for positive pitches on GreySheet abstinence. [If true: By Group Conscience this meeting has decided to have 3 min pitches. Who would like to be the Timer?] - **By Group Conscience we do not mention specific foods by name and we only reference AA Conference-Approved Literature.** Who would like to begin sharing?

Closing

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

In closing, please remember our 3rd Tradition which states, "*The only requirement for GSA membership is the desire to stop eating compulsively.*"

If you have heard anything that you do not understand or do not agree with, please ask your sponsor and Don't Eat No Matter What!

Thank you all for sharing and now, let us close with the *Serenity Prayer*.

**Keep Coming Back
It Works if You Work It!
Don't Eat No Matter What!**