

GreySheeters Anonymous Phone Meetings

Schedule:

Day	Times
Mon	7am, 10am, 9pm, 11pm
Tue	7am, 10am, 9pm, 11pm
Wed	7am, 10am, 2pm, 7pm, 9pm, Midnight
Thu	7am, 10am, 7pm, 9pm, 11pm
Fri	7am, 10am, 7pm, 9pm, 11pm
Sat	7am, 10am, 6pm, 9pm, 11pm
Sun	7am, 10am, 6pm, 9pm

Times listed are Eastern Standard Time (EST).

Email phonemeetings@greysheet.org to obtain the phone number and PIN#.

Phone Bridge numbers are kept confidential. There has been a history of hecklers who called in to disrupt the meeting in the past.

What is a Phone Bridge?

The phone number connects you to what is called a teleconference bridge ("Bridge" for short). Each "virtual meeting" holds anywhere from 2 to 100 participants calling from all over the world who share the virtual space of the Bridge. Meetings are live and interactive, and follow the standard GSA meeting format. All Trusted Servants have at least 90 days of back-to-back (b2b) GreySheet abstinence.

Note: that you will incur long distance telephone charges (USA residents), depending on your long distance telephone carrier, for a call made to California.

GreySheet Phone Meetings are supported by the 7th Tradition

Donations should be sent to the meeting treasurer, who will give his or her address during the meeting. Use of the phone bridge is free. 7th Tradition Donations are accepted to pay for printing and distribution of phone meeting schedules, meeting formats, readings, phone lists, and newsletters.

Phone Meeting Etiquette

There are a few guidelines we use to help the phone meeting run smoothly.

1. To prevent background noise from disrupting the meeting, please MUTE your line whenever you are not speaking.

You will automatically be on mute when dialing in. Press the **6 key to UNMUTE to speak. Press the **6 key** to MUTE again after speaking. A voice will indicate your status.**

Background noise, the dog barking, TV/radio, typing, dishwashing, etc. can pose serious noise problems if 50+ callers all aren't using their mute buttons.

2. If there is an echo, static, or other interference and you suspect it could be your phone that is causing the disturbance, please double check to be sure that you have your phone muted. If the disturbance continues, please hang up and try another phone, especially if you are using a mobile or cordless phone. If you have a two-line phone, please turn the ringer off on the second line.

If you are using a headset, please make sure that you have muted your phone.

3. The "Call-Waiting" feature can be disabled by dialing *70 **prior to** dialing the phone bridge number.

Call Waiting will automatically reset when you hang up.

4. Please resist the desire to cross-talk, which means directly commenting on another person's share. Your intention may be to show support, but commenting directly on another's share could be misinterpreted.

By group conscience, the Secretary is empowered to interrupt at any time to address distractions.

Sharing

After the main speaker, the Secretary will ask for callers to share briefly. The leader will say, "Who would like to be the first to share?" The caller will then share. It may take a new caller a while to get the hang of when to speak. Be ready to MUTE or UNMUTE quickly. There is usually plenty of time for all who wish to share.

Early/Late

Please don't call the bridge before the scheduled time; another meeting or class may be being conducted. And don't call the bridge number trying to reach GreySheet. When the bridges aren't being used for phone meetings or tele-courses, there really isn't anyone there. It's just a bridge system, not a phone system. It is a private facility, so please don't try to use this system other than at the appointed time. If you're late to the call, no problem; just dial in and be silent until you catch on. The leader will not officially welcome you, so as not to disturb the flow of the call, but that doesn't mean you're not welcome! Everyone with a desire to stop eating compulsively is welcome!

Phone Meeting Service

Regularly scheduled business meetings ("Group Conscience") are held by each phone meeting.

Each phone meeting is autonomous, except in matters affecting other groups or GSA as a whole.

All service positions (GSR, Secretary, Booker, and Treasurer) are elected by Group Conscience, and require **90 days of back-to-back GreySheet abstinence.**

If there are no trusted servants to serve, then meetings may not get scheduled.

For more information, check out the GreySheeters Anonymous website: www.greysheet.org

GreySheeters Anonymous Phone 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.**

Is there someone on the call who can read the **GreySheet Preamble?** (If not, the leader reads)

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.

Is there someone on the call who can read the **Cambridge GreySheet Group Purpose?** (If not, the leader reads)

Cambridge 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 on the call who would like to read the **Twelve Steps?** (If not, the leader reads)

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 on the call who would like to read the **Tradition of the Month and the 12th Tradition?** (If not, the leader reads)

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.

Identifying Ourselves

Would everyone who cares to, please say your name and where you are calling from? (i.e., "Hi, I'm _____, from _____")

Phone Meeting Guidelines

(Leader reads **Phone Meeting Etiquette** on previous page.)

Qualification

Is our Speaker is on the call? It is my pleasure to turn the meeting over to _____ who will qualify for approximately 15-20 minutes on their Experience, Strength, and Hope related to greysheet abstinence.

7th Tradition

The 7th Tradition states that there are no dues or fees for GSA membership. However, we are self-supporting by our own contributions. Is our Treasurer on the line? (If not, the Secretary gives the name and address of the Treasurer).

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. Members on the call who are counting 90 days or less of GreySheet abstinence, please identify yourself by name and tell us your **Day Count** so that we may acknowledge you.

Do we have any members on the call who are celebrating 6 months, 9 months, or **Anniversaries** of GreySheet abstinence today or this past month?

Sponsors

Through sponsorship, we carry the message to others. If you need a sponsor, please ake down names and telephone numbers of available GreySheet sponsors. All those who are not available to sponsor full-time please save your numbers until the end of the meeting when we exchange phone numbers. Are there any **Available GreySheet Sponsors** on the line? Please state your name and phone number slowly.

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

Thank you all for a great meeting and thanks again to our Qualifier.

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!

At this time, please call out the names of those persons from whom you would like a phone number. Could these people please stay on the call to give out their telephone numbers after we say the **Serenity Prayer?**

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

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