



# **History of GreySheet: Where do we come from ?**

# Overeaters Anonymous

- Rozanne S. Hollywood, California January 19, 1960
- First definition of “Abstinence” was “*fewer than 2000 calories*”
- 1962 “*Three moderate meals with nothing in between except no-calorie beverages*”
- 1963 Introduction of food plans: gold sheet (no refined carbohydrates) and green sheet (vegetarians)
- 1966 *To the Newcomer* pamphlet: “*Three moderate meals with nothing in between and avoidance of our individual binge foods.*”

# Overeaters Anonymous

- Late 1960s: First Grey Sheet - unofficial
  - Complete abstinence from man-made sugars and starches and any food with more than 10% carbohydrate content.
- 1972 OA officially adopted three plans:
  - Grey Sheet (minus 10% part)
  - Low Carbohydrate maintenance
  - Four food groups nutritionist
- 1977 Blue Sheet: *Suggested Abstinence Guide for Losing Weight*
- 1979 *The Dignity of Choice*: 8 plans

Meanwhile...

**In Cambridge**

1977

First GreySheet Group

Sally and George D.

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First Church Cambridge  
11 Garden Street,  
Cambridge, MA



# Overeaters Anonymous

- 1986 Withdrawal
  - OA withdrew all food plans and requested that they be returned to OAWS.
  - OA attorneys started sending cease-and-desist letters to groups using GreySheet.
  - Individual members harassed those using GreySheet.

# Cambridge GreySheet Group Purpose

*This group of Overeaters Anonymous 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 three months on the GreySheet. We support a vigorous and positive attitude toward GreySheet abstinence which we define as three weighed and measured meals a day from the GreySheet, with nothing in between but black coffee, tea, or diet soda.*



Don't Eat No Matter What

# GreySheet “Mantra”

*“I weigh and measure three meals a day from the GreySheet, write them down, and commit them to a GreySheet sponsor. I don’t eat no matter what and my abstinence is the most important thing in my life without exception.”*

# Distinguishing Features of GreySheet Meetings

- Qualification format. Leader has 90 days back-to-back GreySheet abstinence.
- Leader calls on people known to be “securely” GreySheet abstinent who share the GreySheet message. “Wavering” people called on last.
- *“The Food, The Food, The Food”* not group therapy.
- Don’t mention foods by name.
- Acknowledge those counting days up to 90 days.
- All meetings open, i.e., anyone interested in GreySheet solution.
- A.A., not OA Literature.

# Distinguishing Features of GreySheet Approach

- Food is restored to us
- Insist on enjoying our meals
- Eat like queens
- Biggest and the best
- Meals are three daily celebrations or oases

**By 1995**

**Daily Meetings**

Boston, Beverly,  
Cambridge,  
Martha's Vineyard

**Weekly Meetings**

Abington, Newton,  
Quincy, Watertown





**1980s**

First New York  
GreySheet Group

Val from  
Cambridge

Jan Hus  
Presbyterian  
351 East 74<sup>th</sup> Street  
New York City



**By 1995**

**>Three  
Meetings/Day  
Manhattan**

**Daily Meetings  
Brooklyn  
Bronx  
Long Island  
Queens**

## By 1998

128 GreySheet Groups  
Around the World

California, Connecticut,  
Florida, Illinois, Kansas,  
Michigan, New Jersey, North  
Carolina, Texas, Washington

Jerusalem, Tel Aviv, London,  
Paris, Toronto, Puerto Rico,  
St Croix USVI, Sweden



# 1995 In Person Meeting List

**Abington, MA**  
Mon 9:30 - 10:30 AM United Christ Church, Rts. 18 & 123

**Chville, NC**  
8:00 - 9:00 AM Hathaways Coffee House

**Ann Arbor, MI**  
Mon 6:30 - 7:30 PM Heritage Hospital, 10000 Telegraph Road, Admin Bld/Conf. Rm 2, Taylor, MI  
Tue 12:10 - 1:00 PM Maple Health Building, 501 N. Maple & Dexter, Community Rm., Big Book  
Wed 5:30 - 6:30 PM Maple Health Building, 501 N. Maple & Dexter, Community Rm.  
Thu 12:00- 1:00 AM Unitarian Church, 1917 Washtenaw Ave  
Sat 9:00-10:30 AM Maple Health Building, 501 N. Maple & Dexter

**Austin, TX**  
Mon 12:00- 1:00 PM Parlin 305, Univ. of Tx Campus- bring your own  
Mon 6:30 - 7:30 PM YMCA, 405 W.18th St., Guadalupe & 11th  
Tue 5:30 - 6:30 PM Old Quarry Library, Far West Blvd., Behin  
Wed 12:00- 1:00 PM Parlin 305, Univ. of Tx Campus- bring your own  
Wed 7:30 - 8:30 PM Hyde Park Church, 610 E.45th St, Bet. 11th & 12th  
Thu 5:30 - 6:30 PM Old Quarry Library, Far West Blvd., Behin  
Fri 12:00- 1:00 PM Parlin 305, Univ. of Tx Campus- bring your own  
Fri 5:30 - 6:30 PM YMCA, 405 W.18th St., Guadalupe & 11th  
Sat 9:00 - 10:30 AM YMCA, 405 W.18th St., Guadalupe & 11th  
Sun 7:00 - 8:00 PM YMCA, 405 W.18th St., Guadalupe & 11th

**Beverly, MA**  
Mon 9:00-10:00 AM Apple Village, Bldg.501 (brick highrise),  
Tue 9:00-10:00 AM St. John the Evangelist, Rectory 552, C  
Wed 7:30 - 8:30 AM Maple St. Church, Danvers Center, 2nd  
Thu 7:30 - 8:30 AM Imanual Church, 138 Bridge Street, Beve  
Fri 9:00-10:00 AM Apple Village, Bldg.501 (brick highrise), R  
Fri 7:00 - 8:00 PM Beverly Hospital, Physician's Conf. Rm., R  
Sat 9:30 - 10:30 AM Apple Village, Bldg.501 (brick highrise),  
Holidays 9:00 - 10:00 AM Apple Village, Bldg.501 (brick highr

**Boston, MA**  
Mon 12:10- 1:00 PM Park Street Church, 1 Park Street, 4th F  
Tue 12:10- 1:00 PM Park Street Church, 1 Park Street, 4th F  
Wed 12:10- 1:00 PM Park Street Church, 1 Park Street, 4th F  
Thu 12:10- 1:00 PM Park Street Church, 1 Park Street, 4th F  
Fri 12:10- 1:00 PM Park Street Church, 1 Park Street, 4th F

**Brooklyn, NY**  
Wed 6:30 - 7:30 PM The Flatbush Minion, Corner E. 16th Str  
Take D Train to Avenue H, Jill (718) 998-5797 Bra  
Sun 10:00-11:30 AM Mike's House, Seagate, 38-15 Oceanv

**Bronx, NY**  
Sat 10:00 - 11:00 PM St. Ann's Church, Rectory, 3519 Bainbr  
Sun 5:30 - 6:30 PM St. Ann's Church, Rectory, 3519 Bainbr

**Cambridge, MA**  
Mon 5:30 - 7:00 PM Harvard Divinity School, 45 Francis St.,  
(off Kirkland St. end of street end of street on left)  
Tue 5:30 - 7:00 PM Harvard Divinity School, 45 Francis St.,  
(off Kirkland St. end of street end of street on left)  
Wed 5:30 - 7:00 PM Harvard Divinity School, 45 Francis St.,  
(off Kirkland St. end of street end of street on left)

Thu 5:30 - 7:00 PM Harvard Divinity School, 45 Francis St., Room B or Chapel  
(off Kirkland St. end of street end of street on left)  
Fri 12:30 - 1:30 PM Coolidge Hall, 1737 Cambridge St., Rm.319, Lunch allowed  
Fri 5:30 - 6:30 PM First Congregational Church, 11 Garden St. beside Shaver's Community  
Sat 10:00-11:30 PM First Congregational Church, 11 Garden St.  
Sat 5:00 - 6:30 PM Cambridge City Hospital, Cambridge Street  
Sun 10:00- 11:30 PM Cambridge City Hospital, Cambridge Street  
a 7:30 - 9:00 PM Cambridge City Hospital, Cambridge Street

**Chicago, IL**  
Mon 6:30 - 7:30 PM Columbus Hospital, 2530 N. Lakeview /  
8th Floor  
Wed 6:30 - 7:30 PM Cenacle Retreat House, 513 W. Fullerton  
(1 1/2 blocks west of Clark St.) Room 4 Lower lev  
Sat 10:30-11:30 AM Columbus Hospital, 2530 N. Lakeview /  
8th Floor, Room 835

**Dana Point, CA**  
Tue 6:30 PM CRS Computer Center, 24621 Del Prado, E

**Easton, CT**  
Mon 8:30 - 9:30 PM Jesse Lee Methodist Church, Exit 46 M  
to blinking yellow light. Take right to Flatrock Rd. t

**Flushing, Queens, New York**  
Tue 1:00- 2:00 PM Step into the Spirit Book Store, Back of  
79-04 Parsons Blvd., Cynthia (718) 776-  
Thu 12:30- 1:30 PM Step into the Spirit Book Store, Back of  
79-04 Parsons Blvd.  
Sat 12:00- 1:00 PM Step into the Spirit Book Store, Back of  
79-04 Parsons Blvd., Esther S. (718) 380-

**Forest Hills, Queens, New York**  
Wed 8:00 - 9:00 AM LaGuardia Hospital, 8th Floor Rm.3, Ste  
102-01 66th Road (between Yellowstone & Queen

**Jerusalem, Israel**  
Fri 9:00 - 10:00 AM 13/35 Gidon Str 3rd Entrance, BAKA, Je

**Jamica, Queens, New York**  
Thu 12:30- 1:30 PM Step into the Spirit Book Store, 79-04 P

**Kalamazoo, Michigan**  
Sat 9:00-10:00 AM St. Thomas Moore Catholic Church 421  
Cal Grennia (616) 349-2314  
Sun 12:00- 1:00 PM Alano Club, 933 South Burdick St., Kala  
Cal Grennia (616) 349-2314

**London, England**  
Sat 10:00 AM Dracutt Terrace, adjacent to entrance of S  
Sloane Square Tube stop, Angela P.

**Long Island, NY**  
Mon 8:30 - 9:30 PM Chabad of Port Washington, Port Washi  
10 Maple Street, Phil (516) 767-2033  
Wed 8:00 - 9:00 PM Christ Church, Manhasset, New York, O  
Cary (516) 829-4354  
Sat 9:15 - 10:15 AM Winthrop Hospital, Mineola - Outer Audit  
259 First Street (1st St & Mineola Blvd.), Long Isla

**Los Angeles, CA**  
Sat 8:45 - 9:45 AM West Hollywood Drug & Alcohol Center, 8939 1/2 Santa Monica Blvd., Los Angeles  
Angela (213) 850-7709, Qual.Meeting  
Sun 7:00- 8:00 PM West Hollywood Drug & Alcohol Center, 8939 1/2 Santa Monica Blvd., Los Angeles  
Angela (213) 850-7709, Qual.Meeting

**Madison, MI**  
Contact Caroline K. (616) 843-2633

**Manhattan, KS**  
Sat 8:00 AM St. Paul's Episcopal Church, 6th and Poyntz,

**Martha's Vinyard, MA**  
Winter Mary 508 627-8254  
Mon 7:00 - 8:00 PM The Anchors, Edgartown  
Summer Arlene 508 693-4273  
Mon 7:00 - 8:00 AM Webb Camping Area  
Fri 7:30 - 8:30 PM Webb Camping Area

**Metro West Area, MA**  
Wed 6:00 - 7:00 PM Jewish Community Center, Nonantum Stre

**New York City**  
Mon 10:00-11:00 AM West Park Presbyterian Church, Ring rec  
165 West 86th Street (NE Corner 86th and Amsterda  
5:00 - 6:00 PM West Park Presbyterian Church, Ring recepti  
165 West 86th Street (NE Corner 86th and Amsterda  
6:00 - 7:15 PM Greenwich House, 18th Floor, New York, (Qu  
55 Fifth Avenue (between 12th & 13th Streets)

Tue 7:15 - 8:15 AM Jan Haus Church, Kitchen, Qualification Me  
351 East 74th Street (between 1st & 2nd Avenue)  
12:00- 1:00 PM St. Thomas Church, Nursery, Big Book Meet  
1 West 53rd Street (corner of Fifth Avenue)  
5:30 - 7:00 PM West Park Presbyterian Church, Ring recepti  
165 West 86th Street (NE Corner 86th and Amsterda  
6:30 - 7:30 PM Jan Haus Church, 2nd Floor, Beginners  
351 East 74th Street (between 1st & 2nd Avenue)

Wed 10:00-11:15 AM West Park Presbyterian Church, Ring rec  
165 West 86th Street (NE Corner 86th and Amsterda  
12:00- 1:00 PM St. Thomas Church, Nursery, Topic Meeting  
1 West 53rd Street (corner of Fifth Avenue)  
6:00 - 7:00 PM West Park Presbyterian Church, Ring recepti  
165 West 86th Street (NE Corner 86th and Amsterda  
6:00 - 7:15 PM Greenwich House, 18th Floor, Women's Only  
55 Fifth Avenue (between 12th & 13th Streets)

Thu 7:15 - 8:15 AM Jan Haus Church, Kitchen, Qualification Me  
351 East 74th Street (between 1st & 2nd Avenue)  
5:30 - 6:30 PM West Park Presbyterian Church, Ring recepti  
165 West 86th Street (NE Corner 86th and Amsterda  
6:15 - 7:15 PM Jan Haus Church, 2nd Floor rear of chapel, C  
351 East 74th Street (between 1st & 2nd Avenue)  
Fri 10:00-11:15 AM West Park Presbyterian Church, Ring recept  
165 West 86th Street (NE Corner 86th and Amsterda  
5:15 - 6:15 PM West Park Presbyterian Church, Ring recepti  
165 West 86th Street (NE Corner 86th and Amsterda  
5:45 - 6:45 PM Cabrini Hospital, Room 304, Back to Basics M  
227 East 19th Street, back elevators to 3rd floor  
6:30 - 7:30 PM Jan Haus Church, 2nd Floor Chapel, Qual. M  
351 East 74th Street (between 1st & 2nd Avenue)  
Sat 8:00 - 9:00 AM Cabrini Hospital, Room 304, Literature Mtg.

227 East 19th Street, back elevators to 3rd floor  
10:00-11:30 AM Soldiers' Club, North Lounge 1 Flight up, Qual. Mtg.  
283 Lexington Avenue (between 36th & 37th St.)  
5:00 - 6:00 PM Westside YMCA, 3rd Floor, Qual. Mtg.  
5 West 63rd Street (between Ctrl Park West & Columbus Ave.)  
Sun 8:00 - 9:00 AM Cabrini Hospital, Rm.340, Tools Mtg.  
227 East 19th Street, back elevators to 3rd floor  
5:30 - 6:30 PM Westside YMCA, 3rd Floor, Qual. Mtg.  
5 West 63rd Street (between Ctrl Park West & Columbus Ave.)

**Oak Park, MI**  
Wed 6:30 - 7:30 PM 21201 Westhampton 547-2186

**Oceanside, CA**  
Fri 6:00 - 6:30 PM Neighborhood Recreation Center, 560 Greenbrier Drive Suite E  
(619) 967-0900, Qual. Mtg.

**Paris, France**  
Sat 3:00 - 4:30 PM American Church in Paris, 65 Quai d'Orsay, Bus 63 Paris 75007 or  
Metro Invalides or Alma Marceau, Ask for Grey Sheet Abstinence Anonymous

**Pembroke Pines, FL**  
Sun 5:00 - 6:00 PM Chabad Lubavitch House, Hiatus and Taft, Qualification Meeting  
Margie (407) 393-8964

**Plymouth, MI**  
Mon 12:00- 1:00 PM Arbor Health Bldg., Community Room, Qu  
990 W. Ann Arbor Trail , Contact Amanda (313) 462-  
Thu 7:30- 8:30 PM Salvation Army, 9451 S Main St., Qual.  
Contact Glenna (313) 454-0193

**Princeton, NJ**  
Fri 7:00- 8:00 PM Trinity Church, Mecer St., Princeton, N. J.,

**Puerto Rico**  
Wed 5:30- 6:30 PM Isla Verde Baptist Church, 4th Floor Confer  
Molly A.(809) 791-0459  
Sat 10:00-11:00 AM San Juan Health Centre, 4th Floor Confer  
Molly A.(809) 791-0459

**Quincy, MA**  
Fri 6:00 - 7:30 PM YMCA, Coddington St., across from police s  
Sun 7:00 - 8:00 PM Quincy City Hospital, New Building, Confer

**Santa Ana, CA**  
Sat 4:30 - 5:30 PM Alano Club, 1924 17th Street, Qual. Mtg.  
Wed 6:00 - 7:00 PM Alano Club, 1924 17th Street, Qual. Mtg.

**San Antonio, TX**  
Tue 6:30 - 7:30 PM Antonian High School, 6425 West Avenue  
Sun 4:00 - 5:00 PM Schertz Public Library, Schertz Parkway

**Seattle, WA**  
Mon 6:30 - 7:30 PM St. Pauls Church of Christ, 6512 12th N.W.  
Tue 7:00 - 8:00 AM Downtown Seattle Denny Park Lutheran Ch  
Thu 7:00 - 8:00 AM Downtown Seattle Denny Park Lutheran Ch  
Sat 9:00 - 10:00 AM Redmond Church of the Holy Cross, 11526

**So Laguna, CA**  
7:30 PM Wesley St. Methodist Church, Nursery Rm.,  
2 blocks east of Pacific Coast Highway

**St. Clair Shores, MI**  
Thu 6:30 - 7:30 PM Trinity Lutheran Church, 30205 Jefferson, Contact Terri 294-9560

**St. Croix, USVI**  
Tue 11:30-12:30 AM Lutheran Parash Hall, Qual. Mtg.  
Sat 4:00 - 5:00 PM Lutheran Parash Hall, Qual. Mtg.

**Wartown, MA**  
Tue 12:00- 1:00 PM St. John's Church, 80 Mt Auburn St.  
Wed 12:00- 1:00 PM St. John's Church, 80 Mt Auburn St.

**Westport, CT**  
Sat 8:35 - 9:30 AM Saugatuck Congregational Church, Qual. Meeting  
245 Post Road East, Room 26  
Wed 8:30 - 9:30 PM Christ Episcopal Church, Gregory Blvd., East Norwalk. Exit 16 off 95.  
Follow East Ave. towards the beach. Pass under the railroad bridge, and  
around the cemetery. The church is on the right side.

If you have any changes to this list please send them to the Shades of Grey,  
P.O.Box 6807, FDR Station, N.Y., N.Y. 10150-1921

8/18/95

# 1990s Expansion

- New York GSers formed “Shades of Grey”
  - Published and mailed quarterly newsletter, *Shades of Grey 1988-2001*
  - 1990 Annual Round Ups funded by SoG
- 1994 GreyNet email group
- 1997 Phone Meetings
- 1998 Website
- Retreats and Round Ups
  - Chicago
  - Kansas City
  - Ann Arbor
  - Los Angeles
  - Bay Area, NoCa
  - Texas
  - London
  - Paris
  - Connecticut

# GreySheeters Anonymous



Shades of Grey surveyed community about forming intergroup within OA



Overwhelmingly responded, Yes (190/193)



O.A. refused and threatened legal action if we continued using the GreySheet



Intergroup Committee decided to form new fellowship

April 6<sup>th</sup>, 1998

# GSA World Services Incorporated in New York

<p>CERTIFICATE OF INCORPORATION OF GreySheeters Anonymous World Services, Inc. Under Section 402 of the Not-for-Profit Corporation Law</p>	<p>any investments in such tax under Internal any taxable expenditures as 4945 (d) or corresponding tax laws. ate shall authorize or engage in any act or practice tion 340 or any other anti- rk. is to be located in the orporation until the first _____ _____ _____ n is perpetual. gnated as agent of the ic may be served. The post of State shall mail a copy of ved upon him is: c/o Mona _____ n my name and affirm that the the penalties of perjury.</p>
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# GSA World Services Vision

- When anyone, anywhere realizes that they have a problem with food, they think of the GreySheet solution.
- Four Core Functions to achieve vision
  1. Integrity of the GreySheet Program
  2. Literature
  3. Public Information
  4. Website

# GSA World Services Commitment

- The primary role of the Board of Trustees is to protect the integrity of the GreySheet.
- No changes will be made to the original GreySheet food plan.

# 2000-2010 Right to Use GreySheet



Board of Trustees met monthly via phone



Raised funds, did research, recruited volunteers, found attorney



Negotiated with OA to purchase the GreySheet



Registered copyright, logo, name as property of GSA World Services

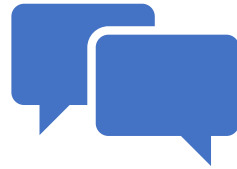


Total cost ~\$20,000

# 2008-2013 Structure



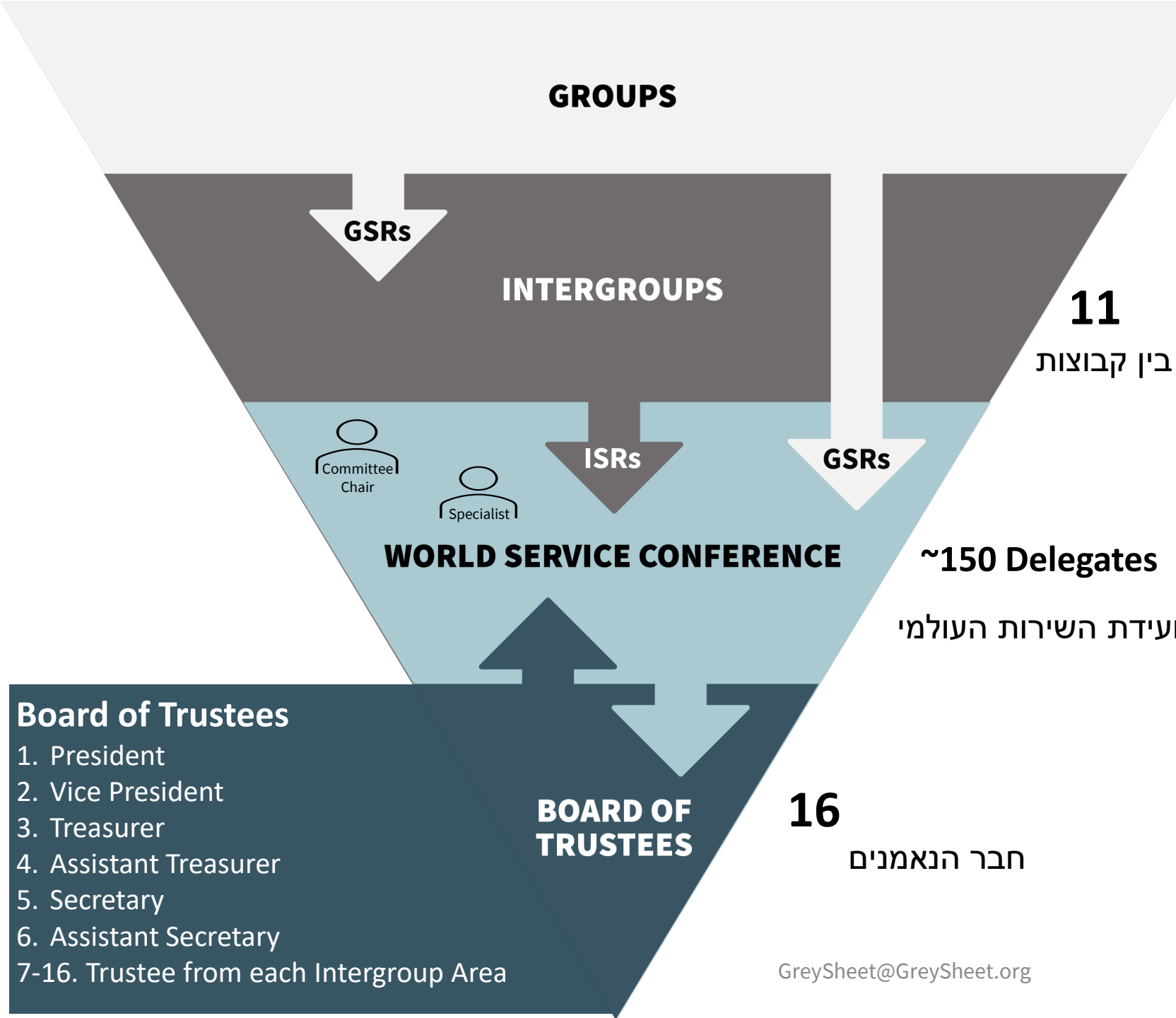
2008 Proposed World Service Structure to fellowship



2010-2013 Held monthly listening sessions with fellowship



2013 First World Service Conference meeting adopted structure



**~124 with ~215 meetings**

קבוצות

**Intergroups (Groups)**

1. (Africa, Asia, Australia) 0
2. Comunidad Hispana 9
3. Connecticut 6
4. European 12
5. Iceland 8
6. Israel ?
7. NorthEast 8
8. New York Metro 26
9. Phone Bridge 30
10. Southern and Central 14
11. Western States 11

**11**  
בין קבוצות

**~150 Delegates**  
ועידת השירות העולמי

**16**  
חבר הנאמנים

- Board of Trustees**
1. President
  2. Vice President
  3. Treasurer
  4. Assistant Treasurer
  5. Secretary
  6. Assistant Secretary
  - 7-16. Trustee from each Intergroup Area

# GSA World Services

- Print and distribute GreySheet in English and Spanish
- Website – meetings, events, literature, intergroup resources
- Literature including translations of GreySheet
- GSA Phone List
- Area Contacts
- Facebook Group
- Podcast
- Guidance on Personal Safety, Facility Use, Intergroups
- Five-year *GreySheet Counts* 2018 (1000) and 2023 (800)

# GSA World Services Activity

- World Service Conference meeting Annually
- Delegate Registration March-August
- Delegate Training April and October
- Proposal discussion March-September
- Traditions and Concepts for World Service January-August
- Committee Chairs and Intergroup Service Representatives monthly
- Board of Trustees monthly
- Town Halls quarterly
- Most intergroups monthly
- Most committees monthly



HOME / World Services / GreySheet Counts Census

# GreySheet Counts Census 2023

- SI HABLAS ESPAÑOL, PULSA AQUÍ
- דוברי עברית, לחץ כאן
- ÍSLENSKA

## What is it?

Every five years, GreySheeters Anonymous conducts a census of its members. We want to know how many members we have, where we are, how long we have been abstinent, how we found GreySheet, and other information that will help us carry the message to those who have not yet heard of the GreySheet solution.

Fill out the Census!

Questions? [GreySheetCounts@greysheet.org](mailto:GreySheetCounts@greysheet.org)

Vision for World Service

The 12 Concepts

World Service Calendar

Board of Trustees

Board Members

Nominate a Trustee

Meetings & Reports

Personal Safety Committee

GreySheet Committee

Seventh Tradition Committee

Nominations Form

Town Halls



# GreySheet Counts! Census 2023 Results

[greysheet.org](http://greysheet.org) / World Service / GreySheet Counts Census