GreySheeters Anonymous

World Service Conference 2019

Addendum

to Board and Committee Reports and Motions

Compiled and organized by Myndie F., Conference Committee,
Introduction

This addendum to the WSC2019 Report and Motions contains:

1. New motions from existing committees
2. Amended motions from existing committees
   a. The amended motion will include the original text with replaced text struck through and new text indicated in square parentheses so that delegates can compare the old and new motion.
   b. For clarity, the amended motion may also be presented entirely in its new form.
   c. If the amendment is to an attachment, the committee will include the revised attachment.
3. New report and motions from the newly re-formed Nominating Subcommittee including the slate of candidates for the Board of Trustees.

Please add it to your original Report and Motions and bring to the World Service Conference for your reference.

Sincerely,

The Conference Committee
New and Amended Motions

Board of Trustees / GreySheet Committee

New Motion

BOT/GSC1. The Board of Trustees moves that GreySheeters Anonymous World Service publish a Report on the *Clarification of GreySheet Abstinence* written by the GreySheet Committee.

• Rationale
  
  • As the GreySheeters Anonymous fellowship has grown, an increasing diversity of interpretations of GreySheet abstinence has emerged. With increasing frequency over the last five years, members of the fellowship have approached the Board of Trustees asking them to consider taking action to restore clarity and unity.

  • The Board of Trustees commissioned a committee of GreySheeters Anonymous members with at least 20 years of back to back GreySheet abstinence to capture in writing the oral tradition that has been passed down to us since members of OA started GreySheet meetings in the 1970s in Cambridge, Massachusetts to support each other in following this specific definition of abstinence from compulsive eating.

  • The GreySheet Committee has been meeting twice a month since February 2018 considering questions and clarifications requested by the Board of Trustees, World Service Conference delegates, Intergroups, and members of GreySheeters Anonymous.

• Implications

  • The Report on the *Clarification of GreySheet Abstinence* will capture in writing the oral tradition that has been passed down to us since members of OA started GreySheet meetings in the 1970s in Cambridge, Massachusetts.

  • The oral tradition is based on the GreySheet food plan written on the familiar grey card stock but what we do is not all documented there. Each sponsor who has started off a newcomer has explained how we interpret and practice the GreySheet. The Report on the *Clarification of GreySheet Abstinence* will identify these interpretations and explanations and document them in one place.

  • Additionally, the Report will include a section with guidelines for sponsors that will document the ways in which qualified GreySheet sponsors support their sponsees in attaining and maintaining GreySheet abstinence under a variety of circumstances, such as once target weight range is met, when traveling, eating out, pregnant, sick, practicing different religions, etc.

  • The Report on the *Clarification of GreySheet Abstinence* will be published on the official GreySheeters Anonymous website [www.greysheet.org](http://www.greysheet.org) and accessible to all.
The Report of the GreySheet Committee will not be considered formal GreySheeters Anonymous World Service Conference Approved Literature; it will simply report to the Board of Trustees and the GreySheeters Anonymous fellowship the GreySheet Committee's findings and conclusions regarding GreySheet abstinence.

Rescinded Motions

BOT/GSC1. The Board of Trustees moves that GreySheeters Anonymous World Service publish a Clarification of GreySheet Abstinence pamphlet. The Clarification of GreySheet Abstinence pamphlet will be written by the GreySheet Committee.

BOT/GSC2. The Board of Trustees moves that GreySheeters Anonymous World Service publish a Guideline for Sponsors pamphlet. The Guideline for Sponsors pamphlet will be based on the clarification of GreySheet abstinence. Content will be written by the GreySheet Committee.
Archives Committee

Amended Motions


Archives Committee Attachment 1 Amended

*Guide to Local Archiving* Trifold

**Panel 1**

The purpose of the Archives is to collect, organize, categorize, copy, preserve and electronically store GreySheeters Anonymous' historically valued documents, digital materials, printed materials, and historical items.

*GreySheeters Anonymous [World Service, Inc.]*

[www.greysheet.org](http://www.greysheet.org)

*Guide to Local Archiving*

**Who may archive?**

Any local meeting or Intergroup may open an archive of its history.

**How to Begin?**

Decide on the scope and purpose of your local archive. Will it include paper documents, printed material, items, electronic documents and images? What about audio interviews? Once the scope and purpose are decided, then a budget can be developed. Passing an envelope at local meetings can fund the archive’s budget.

**Panel 2**

**Paper/ Printed Materials and Items**

Humidity and fire are the obvious enemy of every physical archive. Attics, basements and garages are not appropriate locations for storage. If using a document storage facility, make sure there’s a fire suppression system in place. Is the fire suppression system zoned? If using a member’s home, attach a Deed of Gift so family members understand it’s the property of
Supplies

Seek acid-free file folders, document boxes and binders. Archival suppliers will offer a variety of storage materials. [It doesn’t matter that the paper isn’t archival. Rarely do people produce work with archiving in mind.]

Panel 3

Archiving Best Practices

When receiving archival material, the originals should be kept in the order that they were received. Changing the order is influencing the context originally intended by the compiler who collected the material. [Even if the order didn’t matter, leave it as it is.] For example, a stapled pack of 12 pages may be folded so that the 6th page is first. Page six may hold significance within its group, and it’s for the future historian to understand why. We archivist are working with details. The future historian will have a broader perspective of the progression of GSA as an evolving program.

- Number the pages in the upper right-hand corner in pencil. Each folder begins with # 1.
- Remove all staples and paper clips. The metal damages the paper. Use a folder or add to the numbering; for example, page 4, 1 of 12.
- Save 3 copies in 3 locations. Unforeseen document accidents do happen.
- Create an index that describes each item in the collection.
- The year is in 4 digits not 2.

Panel 4

Electronic Archiving

Scanning paper documents to convert them to digital documents creates a new storage option. A scanner or all-in-one printer can do this job. A paper document has a longer lifespan than an electronic document. The most stable electronic document is a PDF. The PDF/A is an archival quality electronic document. Converting a PDF to PDF/A is easily done with the Student/Teacher Edition of Adobe Acrobat Pro PDF software program. [Some are for purchase and there are free programs that convert documents [which] may be found online.

Software and Hardware Obsolescence

No one uses floppy disks, and CDs are fading away. To avoid your archiving format becoming obsolete, update the software and the hardware every 5 years. Check to see if the pdf/A format has been updated. If so, convert the documents. [If you choose to store documents online,
check every year to see that the website / cloud storage is still serviced (Are updates still sent?). Hardware includes flash drives, external hard drives and computers. Joining an archival association will keep you abreast of changes.

**Seeking Guidance [moved]**

Contact a local or national archival association. Find one that has forums where members can answer each other’s questions. Courses and webinars on archiving may be offered.

**Panel 5**

**Audio Interviews**

Download a WAV capable recording app on your smartphone. WAV is archival because it is linear and not compressed like the MP3. To save storage space, copy the WAV recording and then convert the copy to a MP3 to post on a website.

Share copies of your archived material with GreySheeters Anonymous Archive Committee.
archive@greysheet.org

www.greysheet.org
or write
GSA World Services, Inc.
Cherokee Station
PO Box 20098
New York, NY 10021-0061
Panel 1

ORAL HISTORY

This guide is for the GreySheet interviewer who is recording the growth and development of the GreySheeters Anonymous program.

A GreySheeters Anonymous (GSA) Oral History is a collection of individual GreySheeter’s journeys in service. It is a story told documenting recollections of past service work to create a permanent record for posterity. These stories will be available on www.greysheet.org for all GreySheeters to hear and to appreciate our journey as an organization.

General Principles for Oral History

The mission of this oral history is to collect and maintain detailed historical GreySheeters Anonymous information in order to satisfy intellectual curiosity and to provide a basis for greater understanding of the origins and history of GSA practices.

A qualification is not technically an oral history, but an oral history may contain a qualification.

Permit sufficient time for an in-depth interview.

All rights of ownership and use of the interview must be granted to GSA and GSA Archives by the interviewee through a signed release available on downloaded from greysheet.org.

The interviewee will also provide their verbal agreement to the form of the release at the beginning of the recording.

The interviewee may choose to not answer a question and to speak in his or her own style.

Though the interviewer may have knowledge of the events, in order to maintain intellectual honesty, they do not ask leading questions so as to fulfill the interviewer’s perspective of events.

According to Tradition 11: “We maintain personal anonymity at the level of press, radio and film.” The GSA Archives is web based so just first names and last initials are appropriate.

GSAWSC2019 Addendum  New and Amended Motions and Attachments

Oral history interviews will be accessible to future researchers and GreySheeters.

Possible Topics: Creating the GreySheet Food Plan, experience with the early GreySheet food plan, separating from other food programs, World Conferences, developing literature and Intergroup service.

Anyone with at least 90 days of GreySheet abstinence may be an interviewer, but the interviewee may be an outsider; for example, the GreySheet was developed in 1972, and these designers may have insight - be they GreySheet abstinent or not. Also, the Board of Trustees may have non-GreySheet members.

To become an interviewer or to be interviewed contact the Archives Committee by emailing webservant@greysheet.org with archives as the subject. State proposed interviewees, the topic and possible questions. You may request multiple interviews.

Panel 2

Best Practices of Oral History

Pre-Interview

Don’t underestimate the importance of this step.

1. Arrange a pre-interview session. The interviewee may create the questions and focus.

2. Decide on a signal from the interviewee that the interview is moving in a new direction and now is a good time to ask follow-up or clarifying questions.

3. Determine a timeline for the interview – one session or several.

4. Prepare an outline of questions and prompts and give the interviewee a copy.

5. Before the interview, practice with the equipment.

6. The interviewee signs the release form and verbally agrees at the beginning of the recording.

7. Download a copy of the release from: Greysheet.org


The Interview

9. Choose a quiet location with minimal distractions. Stay away from windows, air conditioners and fans. Turn phones off.

10. The interviewer introduces each session with his or her first name and the interviewee’s first name. State the date, location and topic of the recording. If the interviewee prefers to remain anonymous, introduce him or her as a GreySheeter, and refer to him or her as
Grey. Assigning Grey, as a name, will help the conversation flow naturally, and avoid awkward silences.

11. Remember the interview is for posterity. Even though both the interviewee and the interviewer may be familiar with the topic, ask follow-up and clarifying questions with the future GreySheeter in mind.

12. Unlike most oral history projects, these interviews have a tighter focus, and the interviewer may be aware of the flow of the information that little questioning or prompting is needed.

13. The interviewer may play a much smaller role. The interviewee has the right to refuse to answer a question.

Post Interview

14. Contact GSA Archives in an email to webservant@greysheet.org and write Archives in the subject for direction to unload the interview and accompanying information.

15. Remember to place principles before personalities.

Panel 3

Equipment

Use a [a recording device or a] smartphone. and [With a smartphone, download an app that uses WAV (Waveform Audio File Format). This is uncompressed audio in the LPCM (linear pulse code modulation) format and is appropriate for archiving.

Possible Avenues for Questioning

The Early Days of the GreySheet or GreySheeters Anonymous

1. How did you learn about the GreySheet?
2. Did you experience the GreySheet in the rooms of another program? If so, describe your experience in that program.
4. How did you work the GreySheet in its early days?
5. What brought you to GreySheeters Anonymous?
7. What were the difficulties in an early group of GSA?
8. What format was used? What literature was used?
9. Were there conflicts with other programs re: use of the GreySheet?
10. Are you aware of individuals or groups that don’t speak English? How did they adjust? What literature did they use?
11. Are you in an outpost (there are too few GreySheeters to form a meeting)? How do you keep the message alive?
12. Have you participated in an outreach effort? If so, explain.
13. Have the GreySheet and GSA changed through the years? Explain.

Panel 4

Service

14. What does sponsorship mean to you?
15. How did you sponsor guide you?
16. Do give the same guidance as a sponsor, if not explain?
17. How did you give service at local meetings?
18. How did you participate in Intergroup?
19. Did you serve on committees in Intergroup? Explain.
20. Have you attended the World Service Conference? Which ones? What was the most difficult part? What was rewarding? Could you have been better prepared? How?
21. What conflicts arose at the World Service Conference? If they were, how were they resolved?
22. What World Service Conference committees did you serve on? Explain your role and experience.
23. Have you had to face fear or anger when giving service? How did you manage
24. In your opinion, what is the most difficult part of giving service? What are the most common conflicts? Did you experience resentment? Explain. Did you ever feel there was a target on your back? Explain.
25. In your opinion, why do so many not give service?
26. Have you attended retreats? If so which ones? Have you given service at retreats? Explain.

Panel 5

The questions can be sent in advance as fuel for thought. Sometimes it’s best just to let the interviewee talk with just a few clarifying questions when appropriate.

www.greysheet.org
or write
GSA World Services, Inc.
Cherokee Station
PO Box 20098
New York, NY 10021-0061
Communication Committee

New Motion

CC1. The Communication Committee moves that GreySheeters Anonymous World Service establish a stand-alone Website Committee as a committee of the World Service Conference composed of elected delegates to the World Service Conference with support from volunteers. The new Website Committee would be composed of the members of existing Website Subcommittee of the Communication Committee, additional delegates willing to serve, and any GreySheeters Anonymous members willing to serve as non-voting volunteers. The Communication Committee has consulted with the Structure Committee which concurs with this recommendation.

• Rationale:

The Communication Committee and the Website Subcommittee believe that the establishment of a stand-alone Website Committee will better serve GreySheeters Anonymous World Service because:

• The internet is no longer just one of many methods of communication within the GreySheeters Anonymous fellowship, it is rapidly becoming the predominant way we share information.

• The GreySheeters Anonymous website serves multiple purposes and therefore multiple World Service Conference committees. For example, it is often our first point of contact with other compulsive eaters and with professionals interested in our solution. Therefore the website serves the Public Information Committee. The website is often how the Conference Committee informs World Service Conference delegates about the conference. The website is often how the Structure Committee shares new policies about how we are organized with the fellowship. For this reason, the Website Committee needs to work with all World Service Conference committees, not just the Communication Committee.

• There is much work to be done to upgrade and maintain our website to ensure its effectiveness now and into the future. Being a stand-alone committee will allow the committee the visibility in the fellowship to interest members in participating in this work by joining if they are a delegate or volunteering if they are not.

• The usual understanding of a subcommittee is that it is composed of members of the larger committee of which it is a part. This was originally how the Website Subcommittee was created. However, since 2017, the Website Subcommittee has been composed of members who are not members of the Communications Committee and the two groups have not coordinated in any meaningful way.

• Implications: If this motion is approved, following the 2019 World Service Conference, the Website Subcommittee will become the Website Committee, no longer a part of the Communication Committee, and future delegates will be offered the opportunity to join the committee. The committee will also recruit volunteers to help with its work.
Conference Committee

Amended Motion


- Rationale
  - The Conference Committee believes that the GSA World Service Conference Charter is part of the structure of GreySheeters Anonymous. We have been reviewing the GSA WSC Charter for several years and it continues to warrant work and editing. We believe this document is best suited for the Structure Committee.
  - A Conference Charter for a Twelve Step fellowship is a document that explains the purpose for the nonprofit's existence. The Conference Charter is a body of principles by which the GSA World Service Conference is guided. The Conference Charter provides guidelines for arriving at a group conscience and group decisions within the GSA fellowship. It is an important business tool to run any organization. The Charter is in line with the by-Laws of GreySheeters Anonymous World Service.

- Implications
  After approval at the next World Service Conference, we suggest that we roll out and communicate the Charter by working with our Communication and Website Committee to:
  - Publish the Charter on greysheet.org
  - Reprint the Charter in Service Matters
  - The Conference Committee will schedule and announce one Zoom meeting to present the charter to trusted servants
  - The Conference Committee will follow up in six months and work with the Website Committee to publish FAQ based on questions received. This will also be published in Service Matters.

Rescinded Motion

**Amended Motions**


ConC3. The Conference Committee moves that the next World Service Conference be held at the Cenacle Retreat Center in Chicago.

**Rescinded Motion**

ConC2. World Service Conference 2020 be held September 18-20 2020 at the Cenacle Retreat Center in Chicago.

**Amended Motion**

Conference Committee Attachment 2 Amended

Process to Approve Draft Minutes for 2019 and Subsequent World Service Conferences of GreySheeters Anonymous

The following process will ensure that Delegates of the 2019 World Service Conference (WSC) and subsequent conferences have ample opportunity to review and to propose any corrections to the Draft Minutes of 2019 and subsequent WSCs.

Process Details

From the close of a WSC until the Transcript and Draft Minutes are produced and shared with the most recent WSC Delegates, the transcriptionist of the WSC and Secretary of the Board of Trustees (BOT) will work together. Subsequently, a time frame will be announced for delegates to submit their corrections to the Secretary of BOT based on the following procedure.

The red numbers in the Draft Minutes provided by the Secretary of BOT refer to the corresponding page number in the Transcript. If you notice any inconsistencies between the Minutes and the Transcript, please email the following information to the Secretary of BOT:

1. The year of the Minutes (e.g., 2019);
2. The year of the Transcript (this will match the year of the Minutes);
3. The page number(s) in the Minutes;
4. The page number(s) and line number(s) in the Transcript;
5. Your recommended correction to the Minutes; and
6. Your reasoning for the correction.

Please keep in mind that some motions are stated and restated with wording that is slightly different. Please make sure to look only at the wording of the motion and/or amendment directly preceding the vote.

To ensure transparency, all discussions between Delegates and the Secretary of BOT will occur in writing and the corrections will be available to all delegates.

After the initial corrections are made, the Draft Minutes shall be posted by the BOT on greysheet.org. This will permit the Fellowship as a whole to access that which was accomplished at the WSC and to see what is currently expected for the next WSC.

Prior to the next WSC, the delegates will receive the Transcripts and corrected Draft Minutes. As their first responsibility, they will read the Draft Minutes and make any additional corrections using the procedure above. Thus, they will gain an understanding of what their committees are to do. The date for the return of these corrections will be established by the Secretary of the BOT and Conference Committee. The vote on the Draft Minutes will occur at the beginning of the next WSC. After approval at WSC, the BOT will post the Approved Final Minutes for the previous WSC.
Conference Committee Attachment 2

Process to Approve Draft Minutes for 2019 and Subsequent World Service Conferences of GreySheeters Anonymous

The following process is intended to ensure that delegates of the 2019 World Service Conference (“WSC”) have ample opportunity to review and to propose any corrections to the provisional Minutes of 2019 following 2019 World Service Conference.

PROCESS DETAILS

By November 1, 2019, the World Service Conference, the Parliamentarian, in writing will have appropriately (referring to page(s) and line(s) from the Draft Minutes and the Official Transcripts clarified any discrepancies and misunderstandings presented by the delegates who had attended the most recent World Service Conference. This final form of the Draft Minutes would then be posted on greysheet.org for all to see and at the next World Service Conference to be voted Up or Down.

7. By December 1, 2019, please email your corrections to the Logistics / Conference Committee wscregistration@greysheet.org.

8. The page number(s) in the Minutes;

9. The page number(s) and line number(s) in the Transcript;

10. Your recommended correction to the Minutes; and

11. Your reasoning for the correction.

12. Between December 2, 2019 and January 1, 2020, the Conference Committee will send the minutes to the Board and then once approved, the Conference Committee will work with the Website Committee to post any proposed change(s) / amendment(s).

13. Between January 15, 2020 and February 15, 2020, the Parliamentarian will be invited to advise on the proposed change(s) and amendment(s).

14. To insure transparency and inclusiveness, between March 15, 2020 and July 15, 2020, all discussions will occur in writing and be available for reading by the delegates for the next World Service Conference.

15. The Conference Committee will prepare the amended Draft Minutes for approval at the next World Service Conference.

Please keep in mind that some motions are stated and restated many times with wording that is slightly different. Please make sure to look only at the wording of the motion and/or amendment directly preceding the vote.
Finance Committee

Amended Motion

FC3. The Finance Committee moves that GreySheeters Anonymous World Services adopt the following policy and procedure to assure fellowship notification of financial decisions before spending the fellowship’s money [to increase direct accountability to the fellowship]: Any adjustments greater than $1,000 to any previously approved [single] budget category [OR multiple adjustments totaling more than 25% of the total budget] would be presented to the fellowship to vote on.
Structure Committee

Amended Motions

SC1. The Structure Committee moves that Greysheeters Anonymous World Service Conference accepts a motion to ‘adds a tagline‘ to the wording Greysheeters Anonymous. We recommend “Can’t Stop Eating?” as a permanent tagline.


SC3. SM, Add the Phone Bridge Intergroup when defining an Intergroup

SC4. SM, World Service Attendance

SC2. 5. Motion to [The Structure Committee moves that GreySheeters Anonymous World Service approve the Twelve Concepts of GreySheeters Anonymous as adapted with permission from Alcoholics Anonymous (Attachment 2 The Twelve Concepts of GreySheeters Anonymous and Attachment 3 Permission to Adopt from Alcoholics Anonymous)]
Structure Committee Attachment 2
The Twelve Concepts of GreySheeters Anonymous

Concept I: Final responsibility and ultimate authority for GSA World Services should always reside in the collective conscience of our whole Fellowship.

Concept II: The World Service Conference of GSA has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

Concept III: To insure effective leadership, we should endow each element of GSA —the Conference, the World Services Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

Concept IV: At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

Concept V: Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

Concept VI: The Conference recognizes that the chief initiative and active responsibility in most world Service Matters should be exercised by the trustee members of the Conference acting as the World Services Board.

Concept VII: The Charter and Bylaws of the World Services Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the GSA purse for final effectiveness.

Concept VIII: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Concept IX: Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

Concept X: Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

Concept XI: The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

Concept XII: The Conference shall observe the spirit of GSA tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Fellowship it serves, it will always remain democratic in thought and action.

The Twelve Concepts of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. (“A.A.W.S.”). Permission to reprint
and adapt the Twelve Concepts does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.’s Concepts or an adapted version in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.

The Twelve Concepts of AA

**Concept I:** Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.

**Concept II:** The General Service Conference of A.A. has become, for nearly every practical purpose, the active voice and the effective conscience of our whole Society in its world affairs.

**Concept III:** To insure effective leadership, we should endow each element of A.A. —the Conference, the General Service Board and its service corporations, staffs, committees, and executives—with a traditional "Right of Decision."

**Concept IV:** At all responsible levels, we ought to maintain a traditional "Right of Participation," allowing a voting representation in reasonable proportion to the responsibility that each must discharge.

**Concept V:** Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

**Concept VI:** The Conference recognizes that the chief initiative and active responsibility in most world Service Matters should be exercised by the trustee members of the Conference acting as the General Service Board.

**Concept VII:** The Charter and Bylaws of the General Service Board are legal instruments, empowering the trustees to manage and conduct world service affairs. The Conference Charter is not a legal document; it relies upon tradition and the A.A. purse for final effectiveness.

**Concept VIII:** The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

**Concept IX:** Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

**Concept X:** Every service responsibility should be matched by an equal service authority, with the scope of such authority well defined.

**Concept XI:** The trustees should always have the best possible committees, corporate service directors, executives, staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

**Concept XII:** The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and, whenever possible, by substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government, and that, like the Society it serves, it will always remain democratic in thought and action.
Structure Committee Attachment 3
Permission to Adapt the Twelve Concepts from Alcoholics Anonymous

From: Smith, Darlene <smithd@aa.org>
Date: Wed, Feb 27, 2019 at 11:46 AM
Subject: RE: re Permission to adapt AA Twelve Concepts and Warranties by GreySheeters Anonymous

Hello Cynthia,

It was nice talking to you after all these years! […]

Thank you for your inquiry regarding reprinting the proper disclaimer for GreySheeters Anonymous adapted versions of A.A.’s Twelve Concepts.

Please use the following disclaimer:

The Twelve Concepts of Alcoholics Anonymous have been reprinted and adapted with the permission of Alcoholics Anonymous World Services, Inc. (“A.A.W.S.”). Permission to reprint and adapt the Twelve Concepts does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.’s Concepts or an adapted version in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.

And, please note, the below disclaimer is an appropriate disclaimer to use when each adaptation is being reprinted in the same section.

The Twelve Steps, the Twelve Traditions the Twelve Concepts of Alcoholics Anonymous have been reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc. (“A.A.W.S.”). Permission to reprint and adapt the Steps, Traditions and Concepts does not mean that Alcoholics Anonymous is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.’s Steps, Traditions and Concepts or an adapted version in connection with programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.

Cynthia, if you have any further questions please let us know.

Warm regards,

Darlene Smith

Intellectual Property Administrator
Alcoholics Anonymous World Services, Inc.
475 Riverside Drive
New York, NY 10115
(212) 870-3538
SmithD@aa.org
Structure Committee
Nominating Subcommittee

Members

Chair: Linda G.S. 5/2/1999 GSR 2019 NJ SUM


Members:
Leigh F. 02/04/1997 GSR 2019-2020 ZOOM MON 0825 PT
Raina D. 09/22/2005 ALT GSR 2018-2019 CT FAI WED 1800
Susan B. 02/11/2013 GSR 2018-2019 MD BAL TUE 1900
Theda S. 05/26/1998 GSR 2018-2019 NY MAN THU 1800

Five others were unable to complete the term:
Anne S. 10/21/2000
Catherine C. 10/05/2013
Elle G. 07/09/1992 GSR FL BOC WED 1900
Nora M. 07/24/1977
Tara T. 03/12/2015 GSR ZOOM MON 1930 ET

Regular Meeting and Contact

Every other Thursday 2030 ET Zoom

nominations@greysheet.org

Purpose

The purpose of the Nominating Subcommittee is to select qualified candidates for nomination by the World Service Conference and election by the Board of Trustees to serve on the Board of Trustees.
Update

The Nominating Subcommittee originated in 2013 as a subcommittee of the Structure Committee. In 2015, the committee ceased to function. In March 2019, the Board of Trustees invited the World Service Conference to reactivate the Nominating Subcommitte. The Nominating Subcommittee Chair recruited other members and the Subcommittee began recruiting and selecting candidates for nomination at World Service Conference 2019. The committee used the following process:

Step 1: Identify Potential Candidates

We encouraged the entire fellowship to recommend qualified GreySheeters with at least five years of back-to-back GreySheet abstinence to apply for a position on the Board of Trustees of GreySheeters Anonymous World Service by announcing the opportunity on the GreyNet, the Facebook groups, and the GreySheeters Anonymous website where the request was on the home page for six months. We reviewed the GSA Phone List to identify those with at least five years of GreySheet abstinence and approached many to ask them to apply.

Step 2: Apply Basic Requirements of Bylaws

We narrowed the original list of candidates to those who met the basic requirements in the bylaws.

“Section 4. Qualification for Trustees. Each Trustee shall be at least 18 years of age, shall have at least five years of back-to-back abstinence in GreySheeters Anonymous and must be able to receive email correspondence transmitted by the Board secretary. The Chair of the Board must also either: (i) currently be a Trustee and have served as a Trustee for one year immediately prior to becoming Chair, or (ii) have served for one year at any time as an officer of the Board.”

Article III Section 4 of the bylaws of GreySheeters Anonymous World Service Board of Trustees

Although not a requirement of the bylaws, the Subcommittee attempted to identify candidates representing different GreySheet communities – Iceland, Israel, Europe and the various regions of the United States.

Step 3: Interview Qualified Candidates

We interviewed those who met the basic requirements to review with them the roles and responsibilities of effective trustees. The current Board of Trustees and the Nominating Subcommittee agreed that effective trustees meet the following criteria:

1. Be an active member of GSA who has at least five years of back-to-back abstinence. For Class B Trustees (not a compulsive eater): Have the desire to serve on the GSAWS Board of
Trustees to share your experience gained in business, health organizations, other 12-Step program World Service Boards.

2. Be committed to working the GSA Steps, Traditions, and Concepts. For Class B Trustees: have a working understanding of the GSA 12 Steps, Traditions, and Concepts. According to the Board of Trustees bylaws Article III Section 1:

“Each Trustee shall be assigned one of the Twelve (12) Traditions and one of the Twelve (12) Concepts to be committed to his or her expertise as its keeper and interpreter. Each Trustee is required to know all of the 12 Traditions and Concepts and be able to call points of order with regard to them during any meeting of the Board of Trustees or the Officers of GSAWS.”

3. Be committed to service as a way of life and be willing to grow through service and its challenges. Have the skills, time, and organization to competently fulfill commitments to GreySheeter’s Anonymous World Service Board of Trustees and the GSA World Service Conferences.

4. Be a team player willing and able to work with others in recovery. Be willing to speak up in any discussion to give your opinions about what is being decided. Your thoughts may inspire someone else’s vote. Volunteer to handle some tasks and to do them promptly and competently as part of the Board of Trustees team.

5. Demonstrate the flexibility and willingness to work with others when the group conscience is not your first choice.

6. Have both the technology (telephone, computer, printer, Zoom, and email) and communication skills (written, verbal, and temperament) to facilitate group process.

7. Have the time to travel to the GreySheeters Anonymous World Service Conference (expenses paid by GreySheeters Anonymous World Service).

8. Attend the following meetings:
   a) Board meeting (1.5 hours monthly on Zoom)
   b) World Service Conference committee meeting as liaison to the Board of Trustees (1 hour monthly on Zoom or phone)
   c) InterGroup meeting (monthly or quarterly in person, Zoom, or phone)
   d) Board of Trustees Town Hall meetings (1 hour quarterly on Zoom)

Step 4: Assemble the Slate
Finally, the Subcommittee worked with the candidates to identify those willing to serve in each of the three rotating classes of trustees and those willing to serve in the six officer positions:
1. President

2. Vice President

3. Treasurer

4. Assistant Treasurer

5. Secretary

6. Assistant Secretary

During 2019-2021, we plan to:

• Identify qualified candidates for election to the Board of Trustees in 2020 to replace the one third of trustees who will rotate off in September 2020.

• Identify qualified candidates to replace any trustee unable to complete their term.

• Identify qualified candidates to add to the Board of Trustees to achieve the originally planned 12 Class A (compulsive eater) positions.

Recommendations

SC/NSC1: The Nominating Subcommittee (of the Structure Committee) moves that GreySheeters Anonymous World Service establish a stand-alone Nominating Committee, i.e., one that is not a subcommittee of any other World Service Conference committee.

Rationale:

• Robert’s Rules of Order states that “The nominating committee should be elected by the organization whenever possible, or else by its executive board. ...in an organized society the president should not appoint this committee or be a member of it – ex officio or otherwise.” Chapter XIV Section 46 Page 433 Line 10

• The President of GreySheeters Anonymous World Service typically serves as a member of the Structure Committee and as an ex officio member of all other committees. Therefore the Nominating Committee needs to be independent of other committees.

Implication: If this motion is approved, the current Nominating Subcommittee will continue to serve since they are all qualified as delegates to the World Service Conference. Other delegates may choose the Nominating Committee as their committee assignment. Other GreySheeters Anonymous members who are not delegates may join the Nominating Committee as non-voting volunteers.
SC/NOSC2: The Nominating Subcommittee (of the Structure Committee) moves that GreySheeters Anonymous World Service adopt the following method of nominating candidates for the Board of Trustees of GreySheeters Anonymous World Service including its officer positions:

1. Members of GreySheeters Anonymous World Service may propose themselves or others to serve as a trustee and/or an officer by submitting the nomination form and their service resume as prescribed by the Nominating Committee (such as the content of the form, the content of the resume, the method of submission, etc.) by February 30 of the year in which their term will start.

2. The Nominating Committee will screen such candidates for the trustee and/or officer requirements specified in the bylaws.

3. From those applicants who meet the specified requirements, the Nominating Committee will select those candidates best able to serve the fellowship as trustees and/or officers. Each year, as specified in the bylaws, approximately one third of the trustees will rotate, so the NC will prepare a slate of candidates by March 31 to fill the positions coming open that year. The slate will identify each candidate and the trustee or officer position they have been selected to fill and the expiration of their term.

4. During years when the World Service Conference meets, the Nominating Committee will submit to the World Service Conference their Report and a Motion to nominate the selected slate of candidates by the deadline set by the Conference Committee for committee reports and motions (typically April for a September conference). Those candidates who are nominated by the delegates at the conference are submitted to the Board of Trustees for election at the conference. Their term of office will begin in October.

5. During years when the World Service Conference will not meet, the Nominating Committee will submit the selected candidates directly to the Board of Trustees for election by September 30. Their term of office will begin in October.

Rationale:

- Robert’s Rules of Order states that “If no method of nominating has been specified in the bylaws and if the assembly has adopted no rules on the subject, any member can make a motion prescribing the method.” Chapter XIV Section 46 Page 431 Line 11

- Our bylaws do not specify how GreySheeters Anonymous World Service will nominate candidates for the Board of Trustees.

- The World Service Conference has not adopted any rule on the subject.

- The Nominating Committee believes GreySheeters Anonymous World Service would benefit from a clear description of how members may nominate eligible candidates.
Implication:

- If the World Service Conference approves the recommended procedure, the Nominating Committee will implement this procedure immediately following the 2019 conference.

SC/NSC3: The Nominating Subcommittee (of the Structure Committee) moves that GreySheeters Anonymous World Service nominate the following qualified candidates for election to the Board of Trustees for the rotating class and officer position listed.

<table>
<thead>
<tr>
<th>Position</th>
<th>Candidate</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Class Three (Terms expire in 2022)</strong></td>
<td></td>
</tr>
<tr>
<td>President</td>
<td>Grainne M. September 14, 1994, Texas</td>
</tr>
<tr>
<td>Vice President</td>
<td>Laura D L. April 16, 1982, Connecticut</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Joyce S. March 24, 1997, Kansas</td>
</tr>
<tr>
<td>Secretary</td>
<td>Sandie M. August 27, 2009, California</td>
</tr>
<tr>
<td><strong>Class Two (Terms expire in 2021)</strong></td>
<td></td>
</tr>
<tr>
<td>Assistant Treasurer</td>
<td>Joey M. June 7, 2013, New York City</td>
</tr>
<tr>
<td>Assistant Secretary</td>
<td>Lee T. March 23, 2000, New York State</td>
</tr>
<tr>
<td>Trustee</td>
<td>Hrafnhildur (Habby) B. November 2, 2005, Iceland</td>
</tr>
<tr>
<td><strong>Class 1 (Terms expire in 2020)</strong></td>
<td></td>
</tr>
<tr>
<td>Trustee</td>
<td>Ofer L. January 25, 2002, Israel</td>
</tr>
<tr>
<td>Trustee</td>
<td>Sara S. May 24, 2009, France</td>
</tr>
<tr>
<td>Class B Non-Compulsive Eater Trustee</td>
<td>Alan S. CA/AA Sobriety date June 10, 1999, New York City</td>
</tr>
</tbody>
</table>
Grainne M. 9/16/1994

GreySheeters Anonymous Service

- I started and maintained a weekly GS meeting in Kalamazoo MI from 1993 to 1997.

- In 1997, I started and maintained a weekly Houston GS meeting. Over the years, I have supported Wednesday night, Sunday morning, and Sunday afternoon GS meetings in Houston that didn’t last. For our 20th anniversary, I wrote a history of the worldwide GreySheet community and the history of the Houston GSA community. Until recently I was both the secretary and treasurer of the Houston meeting.

- I initiated the Texas Intergroup and its successor, the Southwest Intergroup, and serve as Treasurer of the SWIG. I contribute to the SWIG YouTube channel.

- I started and moderated the GreyNet in 1993. I have served as owner of the group since then providing continuity across ten different moderators and I now moderate it again.

- I started and maintained the Phone List in 1994. I found a new coordinator and I helped to validate it in 2014-2015, revived it in 2017 and now maintain it again.

- I assembled a set of Resources for Newcomers and snail mailed it to people before information was available on the web. I provided the original content and structure for the GreySheet website.

- I organized meetings at the NYC Round Up on being vegan and vegetarian in GSA, wrote two documents answering questions, maintain a list of vegan and vegetarian contacts for others, and send these out approximately monthly.

- I served two 3-year terms on the BOT as web liaison and as secretary. I served on the BOT Bylaw and the World Service Conference committees.

- I served two terms as Houston Sunday meeting GSR and delegate to the 2013 and 2014 WSCs where I chaired the Structure WSC committee and was secretary for the Communication WSC committee.

- I created and managed the GSAWS 20th Anniversary GreySheet Counts census project to count every single GreySheet member in the world between October 2017 and March 2018. I sent and presented the results to every intergroup and the Board of Trustees via Zoom or phone meetings and arranged for them to be presented online.
Currently I serve as GSR for the No Matter Bloody What Zoom meeting, which is a member of the Western States InterGroup, so I am an active participant in those meetings monthly.

As GSR, I will be a delegate to the WSC2019 so I have been serving on the Website Subcommittee.

I started the GSA Ireland Zoom meeting in September 2018 and currently am the Zoom moderator. This meeting is a member of the European Intergroup so I actively participate in that IG although I cannot attend the monthly meetings.

I have served as leader of the Kansas City and Connecticut retreats and done service at multiple New York Round Ups, the Bay Area Round Up, the Austin Retreat, and the Malibu Retreat.

Recently I assembled the notes of the 2016 WSC, the composition of the 2019WSC Committees, and a guide for the committees to prepare their reports. I presented two webinars on the guide and met with every committee at least once. I organized a series of webinars on the Concepts and Traditions for the WSC2019 delegates.

I currently chair the BOT ad hoc Advisory Committee called the GreySheet Committee consisting of GSers with more than 20 years of back to back GS abstinence who have been asked by the BOT to advise on clarifications of the definition of GS abstinence and create guidelines for sponsors.

I started the first telephone AWOL with Pat N. in 1998 and co-led or led at least two since then. I have led at least three face to face AWOLs in Houston.

I started the first Zoom Back to Basics 12-Step workshop with Sara S. in 2018 and am currently leading a Zoom book study of one of the texts for that workshop.

Sponsorship

Absolutely critical to my continued abstinence, I sponsor between 5 and 10 GSers taking their calls every morning at five to ten-minute intervals from 6 to 7 am. Waking up every day to the commitment of GSers nourishes me.

Carrying the Message

I attend meetings or meet one on one with GSers whenever I travel. I have attended GreySheet meetings in Germany, Italy, England, Iceland, Ireland, Canada, Cambridge, NYC, Seattle, Los Angeles, Northern California, Florida, Chicago, Kansas City, Ann Arbor, Detroit, Denver, Illinois, and Connecticut.
I have organized pop-up meetings in Ireland, Italy, and Germany. I have started off newcomers in Spain, Italy, Kenya, Australia, South Africa, Slovakia, Ireland, Canada, and the UK in my travels.

Even when I can’t get to a local meeting when traveling, I have arranged to meet face to face with GSers in Iceland, Ireland, Germany, Italy, Australia, England, Cambridge, New York, Chicago, Phoenix, Tucson, Denver, Albuquerque, Portland, Seattle, Texas, and Illinois.

Relevant Experience and Professional Skills

My professional expertise includes project management, process redesign, training material development, team facilitation, and performance management. All of these have been helpful in my service work for GSA.
GreySheeters Anonymous Service Positions Held (in no particular order)

- Sponsored consistently since obtaining 90 days
- AWOL leader (probably more than once but I truly can’t remember - I have participated in many of them)
- Started meetings on both coasts of Florida
- Co-led Connecticut Retreat twice
- Served on NY Round-Up Committee for many years
- Have been Booker, Secretary and Treasurer countless times for multiple meetings over the years.
- Currently serving as ALT GSR for Thursday 10:15 in Greenwich, Treasurer for 2 meetings in Connecticut: Monday 7:15pm in Greenwich and Thursday 10:15am in Greenwich.
- Currently serving on GreySheet Committee since its inception (about 18 months).
- I have lived in many different cities over the years and have been an active GreySheet member in the following communities: Cambridge, MA, New York, NY, Los Angeles, CA (twice), Sarasota, FL, Broward County, FL, and Fairfield County, CT.
- I have attended and led meetings at various round-ups and retreats in New York, Malibu, CA and Connecticut.
- Recently qualified at a GreySheet meeting in Jerusalem!!! (It was so amazing that I just had to include it here.)

My primary qualification for being on the BOT is that abstinence is the most important thing in my life. I put it first and I still work it like I did in the beginning. I do not change the GreySheet, I continue to weigh and measure without exception through it all, I write my food down, commit it to my sponsor on a daily basis, sponsor people and do service. I served as the Executive Director of Northern Lights Alternatives, a former nonprofit organization in NYC which provided programs for children living with HIV/AIDS. I don’t know about additional special skills from my outside/professional life (although my sense of humor comes in handy at choice moments and I play a very enthusiastic although mediocre ukulele which also provides a little levity at times.) I am computer savvy-enough. I have the desire to help our community solidify and carry the message, especially during this time when we face challenges by the disease to expand our definition of GreySheet abstinence. If it ain’t broke, don’t fix it. It works if we work it.

In gratitude for your service and this beautiful gift I have been given, Laura
<table>
<thead>
<tr>
<th>Objective</th>
<th>To serve as Treasurer on the GSA Board of Trustees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service History</td>
<td>Currently serving as Treasurer of the GSA Kansas City Saturday group for 15 years</td>
</tr>
<tr>
<td></td>
<td>Have maintained phone list for GSA Kansas City Saturday group for 15 years</td>
</tr>
<tr>
<td></td>
<td>Helper at the Kansas City Retreats</td>
</tr>
<tr>
<td>Education</td>
<td>Bachelor of Science, Accountancy from the University of Missouri-Columbia</td>
</tr>
<tr>
<td>Experience</td>
<td>Currently serving as Treasurer for the Sunflower Region of the Catechesis of the Good Shepherd, a not-for-profit religious education program</td>
</tr>
<tr>
<td></td>
<td>Accountant at Holy Spirit Catholic Church for 10 years</td>
</tr>
<tr>
<td></td>
<td>Auditor for the Internal Revenue Service for 4 years and United States Department of Agriculture for 2 years</td>
</tr>
<tr>
<td></td>
<td>Self-employed accounting services for 10 years</td>
</tr>
</tbody>
</table>
GreySheeters Anonymous Service History

- Secretary for numerous phone bridge meetings
- Treasurer for numerous phone bridge meetings
- Leader/Moderator for GSA Face to Face Skype Meeting (Now Zoom)
- Founded Tuesday “No Matter What” Skype (now Zoom) meeting
- Co-founded Sunday “Even If You’re Ass Falls Off” Skype (now Zoom) meeting
- Secretary for “Face to Face” meeting multiple times (at least a total of 12 months)
- Secretary & Moderator “No Matter What” for a total of approximately 4 years
- Co-secretary & Co-Moderator “Even If Your Ass Falls Off” for approximately 3 years
- Booker for “Face to Face” meeting for 18 months
- Booker for “No Matter What” for 18 months
- Booker for “Even If Your Ass Falls Off” for 12 months
- Served as GSR for “Even If Your Ass Falls Off” meeting or 4 months
- Helped book Christmas phone bridge marathon twice

Skills/Experience Useful to Board

- Extensive non-profit experience. Has served as Executive Director of a non-profit organization for the past 10 years.
- Served on local school board of directors for 10 years, 4 of them as president
- Creates, manages, and executes non-profit annual budget
- Has created and implemented several new youth and adult programs for non-profit
- Responsible for creating all publicity and literature for non-profit
- Prior to current position, was employed as a Human Relations Meeting Facilitator for Prudential Insurance Co.
- Maintains non-profit website
GreySheeters Anonymous Service Experience

- NY Metro Intergroup
  - GSR Syosset Thursday 8pm meeting in Long Island NY
  - Planned and successfully led key projects such as the "Long Island Speaker Jam" from 2015- present. Raised funds for the NY Metro Intergroup to support GSR's in attending the World Service Conference
  - Literature Chairman- responsible for distribution of Greysheets within the NY region
  - Booker for the Thursday Syosset 7pm and 8pm meeting
  - Treasurer for the Glen Head 7pm meeting
- NY Round Up Committee member
  - Met with committee members on a monthly basis to review and develop ideas for the yearly NYC Round Up.
  - Collaborated with other committee members in preparation of "topics and speakers."
  - Responsible for taping of speakers’ qualifications. Edited, formatted in WAV format all recordings and posted at the Greysheet website under "audio qualifications."
  - Responsible to maintain Round Up inventory of literature and non-literature at a storage.
- World Service Conference Website Committee: Participated in discussions to enhance optimization of the website
- World Service Conference Literature Committee Chairman
  - Wrote agendas and notes and sent out automatic notifications for upcoming monthly meetings
  - Developed attendance record with special attention to punctuality and preparation to work based on the 12 Traditions of GreySheeters Anonymous
  - Successfully worked with committee members key projects which resulted in presenting motions to GSAWS Conference in September 2019 including a "Living Abstinent Book" and "GSA Daily Reflection Book"
• Worked with the literature committee members to conference approve the Polish and Icelandic translation of the GreySheet

• GSA Phone Bridge Intergroup Board of Trustees
  • Proactively identified and solved complex problems impacting the daily operations of the Greysheet phone bridge
  • Monitored donations for the World Service delegate fund
  • Attended monthly meetings to create strategies and outcome-oriented solutions to enhance community relations with the GSA fellowship

Relevant Experience and Professional Skills

• Nursing Administrator: Business owner of an assisted living facility catering to the mentally and disabled geriatric community in Long Island. Job description: Administrator, Case manager, Rights Advocate, and Health Safety initiator for the Geriatric population.

• Goal and service-oriented

Summary

• Demonstrated ability to complete tasks accurately despite interruptions and competing demands.

• Motivated Chairman with 2 years of experience for the Literature committee. Recognized for developing the fellowship needs and promoting the primary purpose of the Greysheet community which is to "help the next compulsive eater." Resourceful and well-organized with excellent leadership and team building record.

Service Experience

- Have been sponsoring for 19 years
- Recently started meeting in Syracuse, NY
- Currently serving as GSR for that meeting
- One of admins on FB’s GSers NMW page
- Have led a GS Writing Group (closed group) for 13 years
- Led small GS meeting held twice a week

Relevant Experience and Professional Skills

- Many years of experience in various administrative jobs include database management, bookkeeping, managing communications, maintaining (simple) websites etc.
- Experience with producing office graphic documents – reports, PowerPoint presentations etc.
- Ability to read and process large volumes of information
Hrafnhildur (Habbý) B.  

11/2/2005

• I have 13 years of back-to-back GreySheet abstinence in GSA.

• First I served as a sponsor after 90 days and still am. I have help my sponsee to start a meeting, served as GSR and secretary many times, assist an AWOL group end and later lead an AWOL group.

• Almost every year I help in any way to organize an annual event (birthday of GreySheet in Iceland). For my first year I took the gsa.is page and we upgraded it for better result and maintained for couple of years. Also I am admin on the Icelandic Facebook page for members and the page for public.

• I was a Chair in Intergroup here in Iceland twice and know I am on Literature committee and the last project was getting the food plan translated and approved, then we printed it and handed it over.

• I have served on WSC committees (Finance and Structure) and I went to the WSC in Chicago 2013.

• My sponsee encouraged me to apply and I know my Sponsor’s sponsor will also recommend me.

• I have always been willing to serve GreySheet so if you think I can be at your service, I’m ready

Relevant Experience and Professional Skills

I work in a bank as process developer. I work with a lot of people and help them to draw up their work (what they do and how and why) so that we can improve it.
Ofer I.  1/25/2002

Skills, Experience & Professional Skill Set Value to The Board of Trustees

First I'm a compulsive overeater, participating in GSA groups, in abstinence from Jan 25. 2002 and using the GSA, the Twelve Steps and Twelve Traditions of Alcoholics Anonymous as a way of life.

Then I'm entrepreneur, management & Operational specialist with extensive and diverse experience in implementing complex projects gained in over 3 decades of working with governmental entities, NGOs and large corporations.

I bring the Board of Trustees my own experience in GSA abstinence alongside to my business experience, group facilitating experience and creative, methodical and economic thinking.

I hope to help other compulsive eaters to achieve abstinence and a way of life

GreySheeters Anonymous Service History

Serving the GSA community from 2002 as a BOT member, BOT liaise with the GreySheet Committee, World Service Conference Communication committee member, AWOL study group co-leader, organizer of several Round Ups, treasurer, secretary, booker, sponsor, and most importantly - I weigh and measure my food without exception 3 times a day and committed a food plan to my sponsor NMW.
As a Board Member, I served as Liaison to the Literature Committee, served on the Website Committee, liaison to the European Intergroup which I have attended and reported on for three years.

I also started the East Bay Round Up and this summer, along with Grainne, will be starting the first ever Irish/Dublin Round-Up in August.

I have served some sort of service position in every meeting I attend since I had 90 days. My home group is the Thursday “Without Exception” European Zoom meeting. I am the moderator, supposedly temporary, as my term was up in December!!! I am treasure of both the Face to Face Monday morning Zoom meeting and No Mattah Bloody What Sunday morning Zoom meeting.

I have started and continue to run Back to Basics Workshops based on the AA Pioneers reading of the big book of Alcoholics Anonymous.

I have formed a sub-group of the Literature Committee of which I am chair and we are writing a booklet “Living Abstinent” along the theme of the AA booklet “Living Sober.”

I am a good writer; I am responsible—I show up when I say I will show up; I’m willing to work even when it’s inconvenient; I’m willing to work in between BOT meetings (and I believe that should be in your list of requirements); I’m willing to remind the Board of the Traditions and the Concepts when things get tetchy, particularly when issues of finances became more important than our Spiritual program and faith/trust in a Higher Power. I wasn’t very successful at that.
Alan S.  Cocaine Anonymous/ Alcoholics Anonymous Sobriety Date 6/10/1999

Cocaine Anonymous Service History

- 2021 CAWSC Chair (2021 World Service Convention)
- 2009-2019 CAFCA (Cocaine Anonymous Corporate Affairs Chair)
- 2008, 2013 CANY Area Chair
- Founded afternoon meeting at the Cocaine Anonymous Office from 2005-2014
- Secretary for numerous meetings
- Treasurer for numerous meetings
- CA World Service Delegate 2002-2010, 2012-2017

Skills/Experience Useful to Board

- Extensive non-profit and financial experience.
- Has served as Board Chair of Cocaine Anonymous on the Finance Committee 2012-2014 and the Public Information Committee 2014-2015
- Creates, manages, and executes non-profit annual budgets for CAWS
- Own business for 20 years as an outsourced accounting department
- Accountant / Outsourced Controller