

International Public Information Manual



**GreySheeters
Anonymous**

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Statement for General Use

GreySheeters Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from compulsive eating.

Introduction

The Public Information (PI) Committee of GreySheeters Anonymous (GSA) is one of several committees designed to serve the fellowship and work in conjunction with the GreySheeters Anonymous World Service (GSAWS, Inc.) Board of Trustees. One or more members of the GSAWS Board of Trustees serve as the trustee liaison(s) to the PI Committee for the purpose of facilitating good communication between the Board, the committee, and the fellowship.

The Public Information Committee’s responsibility is to provide information about the GSA solution to the public at the national and international levels. The PI Committee strives to provide experience, strength and hope along with public information materials provided in this manual to those working at the local level to inform their communities that there is a solution to compulsive eating.

Public information requests from local media, helping professionals and all others may be handled best by local PI committees and/or their intergroup. However, local public information committees and intergroups should refer all requests from national and international media outlets to the Public Information Committee of GSA and GSAWS Board of Trustees at PIC@greysheet.org.

Public Information Basics

This section is designed to provide information about the GSA Public Information (PI) Committee and how it functions in the GreySheeters Anonymous fellowship.

PI Committee Goals

The GSA Public Information Committee has the following primary goals:

1. To respond to requests for information about GSA at both the national and international levels.
2. To provide guidelines and public information materials to local PI committees in support of increasing awareness of GSA and how to carry its message.
3. To increase awareness of GSA to the general public, the media (newspapers, magazines, radio, television, film), professionals, employee assistance programs, churches, suicide prevention hotlines, health care professionals and other 12-Step fellowships.

Organizing a Local PI Committee

The following are suggested guidelines for organizing a local public information committee:

1. **Membership Requirements**—Members of the PI committee have at least 90 days of back-to-back GreySheet abstinence. At least one member of your PI committee might be from the local intergroup and have at least 1 year of back-to-back abstinence.
2. **Committee Size**—Local PI committees are often made up of 2-3 members. Let the size of your group and the area you are serving be your guide. Many groups choose to elect a chairperson.
3. **Meeting Frequency**—Your PI committee establishes a meeting time and frequency based on local needs.
4. **Goals**—Based on your committee's goals, choose a list of tools provided in this manual.
5. **Reporting**—The chairperson of your PI committee should send a quarterly report of meetings and PI activities to GSAWS PI Committee and to your local intergroup.

Responsibilities of Local PI Committees

Members of local PI committees play an integral role in spreading the word about GSA and responding to requests about our unique solution. To fulfill those responsibilities, members of your local PI committee might:

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1. Know and understand the Traditions and how to apply them to public information situations.
2. Follow-up on your committees' outreach activities on a local level. Please notify the GSAWS PI Committee and GSAWS Board of Trustees if your activities have an impact either on the national or international level at PIC@greysheet.org.
3. The GSAWS PI Committee and/or GSAWS Board of Trustees will directly handle all national and international public information inquiries and notify the local PI committees when their efforts will impact their local areas.
4. Local PI committees are responsible for handling, resolving, and clarifying local public information inquiries. This also includes the national and international interest generated and handled by the GSAWS PI Committee and/or GSAWS Board of Trustees.

Spending Plan for Local PI Committees

Your local PI committee might develop a quarterly spending plan to guide your activities. Budget for PI activities based on your committee's objectives and anticipated needs and income.

Many PI activities fall into one of the following categories. Use these categories as the basis for the development of your local PI spending plan.

- Telephone calls
- Postage
- Copying/Printing
- Stationery
- Literature
- Transportation
- Contingency fund

Useful Tools for Local PI Committees

Any public information effort requires resources. Use the following list to assemble the tools and resources you will need to mount your public information initiative. Your toolbox might include:

Operating Resources

- GSA International Public Information Manual
- Spending Plan

Program Resources

- Book(s) containing The Twelve Traditions & Twelve Concepts (*Twelve Steps and Twelve Traditions of GreySheeters Anonymous, Alcoholics Anonymous* (AA “Big Book”), *AA’s Twelve Steps and Twelve Traditions, AA’s Service Manual and 12 Concepts*, etc.)

Pamphlets

- A Solution for Compulsive Eaters

Meeting Flyers/Cards

- Can’t Stop Eating Flyer
- Wallet Card

Meeting Lists

- Updated Local Meeting List

Library of Letters

- Memo to Media
- Pre-Interview Guidance for GSA Members
- Guidelines for Contacting the Media
- Outreach Letter—General Purpose
- Outreach Letter—Health Professional
- E-Mail Response Letter
- Postal Response Letter

Library of Public Service Announcements/Letters

- Public Service Announcement—30 Second Spot
- Public Service Announcement—60 Second Spot
- CD Enclosure Letter for Public Service Announcement
- Sample Notice for Print Publication

Library of Internet Resources

Visit <https://greysheet.org/resources> for the most up-to-date listing of GreySheet websites and online resources, including audio recordings, YouTube, podcasts, and the GreyNet online forum.

Media Guidelines

As a member of a local PI committee, you will be dealing with the media on behalf of GSA. Since most members of our fellowship have little or no experience dealing with the media, following a few basic guidelines will enable you to carry out your media-related PI duties with confidence.

Focus on the Traditions

The Twelve Traditions are our guiding light for all interactions with the media.

Tradition 5

“Each group has but one primary purpose—to carry its message to the compulsive eater who still suffers.”

The materials we send out, unless otherwise stated, are for the benefit of the compulsive eater who may be dealing with emotional, mental, or physical consequences of food addiction such as obesity, bulimia or anorexia.

Tradition 11

“Our public information policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press, radio and film.”

Tradition 11 raises two issues. The first is **attraction vs. promotion**. The difference between attraction and promotion is subtle. Attraction is sharing information about the fellowship: what it offers and how it works. Attraction is inviting people to see what they might gain, if anything, by attending our meetings and joining our fellowship. Attraction is NOT dragging people in with paid advertising in newspapers, on radio or billboards or pressuring people to join. Attraction IS offering information instead of recruiting, offering suggestions instead of advice. Attraction is sharing our experience, strength and hope and leaving the outcome to God as we understand God.

Tradition 11 reminds us that GSA is for those who want it, not for those who need it. We do not advertise or attempt to convince or persuade people to attend GreySheet meetings. We only announce their availability and make them as accessible as possible.

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The second issue raised by Tradition 11 is **anonymity**. Anonymity and dignity are our watchwords. No media appearance in which a GSA member is recognizable by face or voice is desirable. When a media representative requests a personal interview with a GSA member, follow these guidelines to protect the anonymity of the GSA member:

- Do **NOT** give out the GSA member's phone number.
- Contact the fellowship member who has agreed to give an interview and request that s/he calls the media person requesting the interview.
- Give or send the interviewee a copy of these guidelines prior to the interview.

Be Prepared

Have the necessary materials available (refer to the list of tools on pages 6-7). When members of the media request printed information, send out the appropriate letter(s) (refer to the *Table of Contents*) along with basic GSA information including pamphlets, flyers and meeting lists.

Understand the Process

The process for media relations varies depending on what kind of GSA community you are in and who is making the request. GSAWS recommends that any person representing GSA in responding to media requests meet the minimum requirements for being a General Service Representative (GSR).

- No matter where you are located, if members of the media want information about meetings, direct them to the GSA website (greysheet.org) where the updated worldwide meeting list can be found.
- If you are in an area that has an active intergroup (e.g. Connecticut, Iceland, New York, Southwest, United Kingdom, etc.), your local PI committee handles requests for information from local media.
- If you are in an area without an active intergroup, send all media requests to the World Service PI Committee at PIC@greysheet.org.
- Forward all national and international media requests to the World Service PI Committee at PIC@greysheet.org.

Media Resources

GSAWS PI Committee has prepared a variety of resources for you to use in your interactions with the media. Resources include:

- A brief history of GreySheeters Anonymous (under development)
- Sample memo to media
- Guidelines for GSA members being interviewed or profiled by the media
- Release forms

Brief History of GreySheeters Anonymous

GreySheeters Anonymous was founded and incorporated in 1998 as GreySheeters Anonymous World Services, Inc. (GSAWS, Inc.). The GreySheet, named because of the grey color of the paper it is printed on, along with several other food plans, belonged to another 12-step recovery program for compulsive eating. That fellowship decided to abolish all their food plans. Our founding members, along with many others in our fellowship had been following the GreySheet program for many years. Today, as a result, they have 30 or more years of GreySheet abstinence. This group of recovering compulsive eaters wanted to ensure the continuation of the GreySheet food plan as it works!

GSAWS, after many, many years of negotiating and legal work, finally in 2002 with great celebration, purchased the right to copyright, reproduce and distribute the GreySheet food plan. GreySheet, as we refer to our program, is flourishing in communities worldwide as we are all working to carry the message to the compulsive eater who still suffers.

The GreySheet comes with a sponsor and follows the 12-Steps, 12-Traditions, and 12-Concepts. It is a program where compulsive eaters can find emotional, spiritual and physical recovery. Many members have not only lost their cravings for food; but have lost considerable weight, maintained their weight losses and found relief and recovery from the mental obsession around their food.

GSAWS is growing and will have its second World Service Conference in September 2014 as delegates from groups and intergroups from all over the world will meet and decide how best to meet and serve our fellowship as we grow.

GreySheet has both face to face and phone meetings to help our fellowship achieve recovery from compulsive eating. Please visit www.greysheet.org for information.

Memo to Media

Adapt this memo as needed for distribution to media representatives in your area who wish to interview GSA members.

Date:

To: Media Representative

From: GreySheeters Anonymous

RE: Interviewing members of GreySheeters Anonymous

Thank you for your interest in GreySheeters Anonymous World Services, Inc. (GSAWS). As you may already know, GSA is a 12-Step fellowship that relies on 12 Traditions to keep our fellowship healthy and viable. These traditions also govern our interaction with the media. Specifically:

Tradition 5 states: “Each group has but one primary purpose—to carry its message to the compulsive eater who still suffers.”

Tradition 11 states: “Our public information policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.”

Tradition 12 states: “Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

Our primary purpose is to live without eating compulsively one day at a time and to help other compulsive eaters to achieve abstinence. You can play an integral role in helping increase awareness about our unique solution. To that end, we are supplying you with information and/or members to interview.

In return we request:

- **Complete Anonymity**—Please respect the confidentiality of our members. It is vital to their recovery. We ask that you identify GSA members by their first name and the first initial of their last name. No GSA member should be recognizable by appearance, face or voice. GSA members’ phone numbers and addresses are not to be given out.
- **Contact Information**—As part of any segment mentioning GSA, we ask that you list our contact information. Please use the following:
GreySheeters Anonymous World Services, Inc.
www.greysheet.org
greysheet@greysheet.org
+1 832-856-1058

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- **Documentation**—Please supply us with tear sheets, cassettes, MP3's or videotapes of your article or broadcast no more than five days after the piece or segment appears. Send to the mailing address or e-mail address listed above.
- **Disclaimer**—Because there are no experts on compulsive eating in GSA—just one member helping another member—we ask that you make the following statement to your audience: “The stories shared today express the opinions and experiences of the individual member(s), and not necessarily that of GSA as a whole.”

Thank you for your interest in GreySheeters Anonymous and we hope that we have been of service to you as well as to the compulsive eater who still suffers.

Sincerely,

Name
Chairperson, GSA Public Information Committee

Pre-Interview Guidance for GSA Members

Use this letter when a member of your GSA group is going to be interviewed by the media.

Date:

To:

From: GSA Public Information Committee

SUBJECT: Preparing for Your Interview

As you prepare for your media interview, please keep the following guidelines in mind:

In the spirit of the traditions, we ask that you honor Tradition 11 and Tradition 12^{*1} by identifying yourself with only your first name and first initial of your last name in all interviews or broadcast media appearances. To honor our traditions, we strive to be anonymous in appearance and voice and to refrain from sharing personal telephone numbers or email addresses. This helps to protect your “anonymity at the level of press, radio, and television” and your integrity as well as that of GSA as a whole.

When sharing your *experience, strength, and hope*, please remember that you are speaking from your own personal experience and not for GSA as a whole. Use statements like: "My experience is..." "In my opinion..." or "I've come to believe that..."

Thank you for your service today in reaching out to the compulsive eater who still suffers.

¹ Tradition 11: “Our public information policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film.”

Tradition 12: “Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.”

Guidelines for Contacting the Media

Use this letter when GSA members are interested in spreading the word about GSA.

Date:

To:

From:

SUBJECT: Guidelines for Contacting the Media

Are you excited about your GreySheet (GSA) recovery and eager to spread the word by writing an article in your local newspaper, participating in a panel discussion on a local TV show, being profiled on an Internet site or appearing on a talk show on your local TV station?

Your enthusiasm is understandable. In GSA, many of us have found recovery, joy and peace that once seemed unattainable.

In order to protect your own recovery and preserve the integrity of our fellowship, we ask that you contact your local PI committee before initiating any contact with the media. This includes:

- Contacting a newspaper to write an article about GSA.
- Contacting a radio or TV station to do a story about GSA or interview members, etc.
- Giving an interview or information about GSA to the press.
- Posting an online video about a GSA member's recovery experience.

Your local PI committee can arm you with the information and insight you need to carry the message of hope we offer without inadvertently stepping on any of our cherished traditions, specifically:

Tradition 5: "Each group has but one primary purpose - to carry its message to the compulsive eater who still suffers."

Tradition 11: "Our public information policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and film."

Tradition 12: "Anonymity is the spiritual foundation of all our Traditions ever reminding us to place principles before personalities."

Thank you for your willingness to carry the message to those who still suffer!

Suggested Model Release

Use this release as a starting point if you are involved in a media project involving GreySheeters Anonymous (GSA).

The undersigned, a member of GreySheeters Anonymous (GSA), hereby extends a release to [PRODUCTION COMPANY].

This release is being provided so that [PRODUCTION COMPANY] may produce still pictures, motion pictures, sound recordings, or printed words containing information about GSA to be disseminated to the public via television, radio, internet, print or other forms of mass communication. (Such production shall hereinafter be referred to as "MEDIA PUBLICATION.")

This release is being provided subject to the condition that [PRODUCTION COMPANY] must include the following information in any MEDIA PUBLICATION disseminated to the public:

The primary purpose of GSA is to help compulsive eaters to achieve abstinence from compulsive eating one day at a time.

The stories or other information shared by any individual express the opinions and experiences of only that individual member and not necessarily of GSA as a whole.

That GSA may be contacted at:

GreySheeters Anonymous World Services, Inc.

www.greysheet.org

greysheet@greysheet.org

+1 832-856-1058

This release is being provided subject to further condition that [PRODUCTION COMPANY] will provide GSA with a copy of all such still pictures, motion pictures, sound recordings or printed word as well as any final MEDIA PUBLICATION.

In consideration of the above, the undersigned, grants to [PRODUCTION COMPANY], their successors, assigns and licensees the perpetual right to use, as it may desire, all still and motion pictures and soundtrack recordings and records which it may make of me or my voice. [PRODUCTION COMPANY] shall have the right, title and interest in any and all results and proceeds from said use. The undersigned agrees not to assert or maintain against [PRODUCTION COMPANY], their successors, assigns and licensees any claim, action, suit or demand of any kind or nature whatsoever, including but not limited to those grounded upon invasion of privacy, rights of publicity or other civil rights, or for any reason in connection with the authorized use of my physical likeness and sound.

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The following authorization is provided in connection with the use of my physical likeness and sound (each authorization must be indicated by signature):

- A sound recording of my voice.
- A visual recording of my appearance without showing my face.
- The use of first name and last initial only and no other name or description to identify me.

[PRODUCTION COMPANY] is hereby put on notice that anonymity is of the utmost importance to the undersigned and all members of GreySheeters Anonymous and [PRODUCTION COMPANY] is only entitled to create and use my physical likeness and sound as authorized herein above.

Any MEDIA PUBLICATION created by [PRODUCTION COMPANY] must first be submitted to the undersigned for approval before public dissemination.

Signed _____ Date _____

Print Name:

Location of interview/recording:

Address:

Telephone Number:

Date of Birth:

Outreach Strategies

Recommended Activities for Attracting New Members

Use items from the following list to spread the word about GSA and what it offers to the compulsive eater who still suffers.

1. Place a public announcement in your local newspaper—e.g. Calendar of Events, Self-Help Directory, etc.
2. Post the flyer “Can’t Stop Eating?” and/or meeting lists at the following suggested locations:
 - Grocery stores
 - Laundromats
 - Coffee Shops
 - Health Clubs
 - Colleges/Universities
 - Churches
 - Hospitals, treatment centers, convalescent/nursing homes
 - Senior Centers
 - Hotels—lobby & front desks
3. Distribute appropriate GSA pamphlets to the following locations:
 - Appropriate places from the previous list
 - Church literature racks
 - Bookmobiles
 - Hospital reading rooms and carts and waiting areas.
4. Send appropriate Outreach Letter—General Purpose (p. 18) or Health Professional (p. 19) with appropriate enclosures to the following:
 - Physicians (primary care, bariatric, gastroenterologists, endocrinologists, etc.)
 - Human Resource (HR) directors & Employee Assistant Program (EAP) counselors.
 - Counselors/Therapists/Social Workers—targeting eating disorders and addiction specialists.
 - 24 Hour Crisis Hotlines

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5. Contact local radio and television stations for Public Service Announcements—following Media Guidelines found on pages 8-9.
6. Schedule time before or after a meeting to prepare packets for mailing. Outreach packets might include:
 - Outreach Letter—General Purpose
 - Outreach Letter—Health Professional
 - Can't Stop Eating Flyer
 - Meeting List
 - A Solution for Compulsive Eaters

What Not to Do

The following activities are **NOT** suggested for attracting members because they are considered promotional in nature. “Our public information policy is based on attraction rather than promotion, we need always maintain personal anonymity at the level of press radio and film.” (Tradition 11)

- Taking out paid advertisements in newspapers, radio, television broadcasts or billboards to notify the public of a meeting or any other GSA activity.
- Handing out flyers at fairs, conventions, malls, or public gatherings.
- Promoting the GSA fellowship through business publications or catalogs.
- Anything that does not protect the anonymity of other GSA members.

Outreach Letter—General Purpose

Professional/Public/Outreach Name

Address

City, State, Zip

Dear _____,

Do you know someone struggling with compulsive eating, bulimia or anorexia? If the answer is yes, GreySheeters Anonymous (GSA) may be able to help.

GreySheeters Anonymous is a 12-step program. GSA is non-profit and is not affiliated with any professional organization. We can serve as an independent resource to you.

For people whose problems with compulsive eating have made their life unmanageable, GreySheeters Anonymous offers a program that works. This is not another diet! The program includes a sponsor, a specific food plan that helps take away cravings, clearly defined parameters for food abstinence, accountability tools and support from a worldwide community. In GreySheeters Anonymous, members share their experience, strength and hope and help each other to achieve abstinence from compulsive eating, bulimia or anorexia. There are no dues or fees for GSA Membership.

For additional information, please visit www.greysheet.org

Respectfully Yours,

The Public Information Committee of GreySheeters Anonymous

Outreach Letter—Health Professional

Professional
Address
City, State, Zip

Dear _____,

GreySheeters Anonymous (GSA) offers hope for people who compulsively eat. We have members who are recovering from food addiction, compulsive overeating, bulimia and anorexia.

GreySheeters Anonymous is a 12-step program. GSA is non-profit and is not affiliated with any professional organization. We can serve as an independent resource to you and your patients.

GreySheeters Anonymous offers a program that includes a sponsor, a specific food plan that helps take away cravings, clearly defined parameters for food abstinence, accountability tools and support from a worldwide community. In GreySheeters Anonymous meetings, members share their experience, strength and hope. There are no dues or fees for GSA Membership.

For additional information, please visit us at www.greysheet.org.

Respectfully Yours,

Possible enclosures

- Local meeting list
- Wallet Card
- Can't Stop Eating

E-Mail Response Letter

Thank you for your inquiry regarding Greysheeters Anonymous (GSA).

If compulsive eating, bulimia or anorexia has made life unmanageable for you or someone you know, GSA offers a program that works. This is not another diet! The program includes a sponsor, a specific food plan that helps take away cravings, clearly defined parameters for food abstinence, accountability tools and support from a worldwide community. In GSA meetings, members share their experience, strength, and hope to help each other recover from compulsive eating, bulimia or anorexia. There are no dues or fees for GSA Membership.

GSA is a non-profit 12-Step fellowship in the tradition of other 12-Step anonymous programs. GSA is not affiliated with any professional organization. We can serve as an independent resource to you.

For additional information, including a list of local meetings, go to greysheet.org. If you are unable to locate the information you need, please contact us at PIC@greysheet.org.

The Public Information Committee of Greysheeters Anonymous

Postal Response Letter

GreySheeters Anonymous World Services, Inc.

www.greysheet.org

greysheet@greysheet.org

+1 832-856-1058

Date:

Professional/Public/Outreach name

Address

City, State, zip

Dear _____,

Thank you for your inquiry regarding GreySheeters Anonymous (GSA).

If compulsive eating, bulimia or anorexia has made life unmanageable for you or someone you know, GSA offers a program that works. This is not another diet! The program includes a sponsor, a specific food plan that helps take away cravings, clearly defined parameters for food abstinence, accountability tools and support from a worldwide community. In GSA meetings, members share their experience, strength and hope to help each other recover from compulsive eating, bulimia or anorexia. There are no dues or fees for GSA Membership.

GSA is a non-profit 12 Step fellowship in the tradition of other 12 Step anonymous programs. GSA is not affiliated with any professional organization. We can serve as an independent resource to you.

For additional information, including a list of local meetings, go to greysheet.org. If you are unable to locate the information you need, please contact us at PIC@greysheet.org or at the address above.

Sincerely,

The Public Information Committee of GreySheeters Anonymous

CD Enclosure Letter for Public Service Announcement

GreySheeters Anonymous World Services, Inc.

www.greysheet.org

greysheet@greysheet.org

+1 832-856-1058

Date:

To Whom This May Concern:

For the person whose compulsive eating, bulimia or anorexia causes suffering in their lives or in the lives of others, GreySheeters Anonymous offers a program that works. This is not another diet! The program includes a sponsor, a specific food plan that helps take away cravings, clearly defined parameters for food abstinence, accountability tools and support from a worldwide community. In GSA meetings, members share their experience, strength and hope to help each other recover from compulsive eating, bulimia or anorexia. There are no dues or fees for GSA Membership.

GSA is a non-profit 12-Step fellowship in the tradition of other 12 Step anonymous programs. GSA is not affiliated with any professional organization.

Enclosed you will find a 30 Second and 60 Second Public Service Announcement about our fellowship. We urge you to air these spots as often as possible to help those who suffer from compulsive eating, bulimia or anorexia.

We have enclosed a copy of our I.R.S. Tax Determination Letter for your verification.

Thank you very much for your time and full consideration.

Sincerely,

The Public Information Committee
GreySheeters Anonymous
PIC@greysheet.org

Enclosures

- CD/30 Second & 60 Second Spot
- Appropriate I.R.S. Tax Determination Letter

Public Service Announcements

30 Second Spot

There is a regular meeting of GreySheeters Anonymous every [Day] at [Location] at [Time].

GreySheeters Anonymous (GSA) is a 12-step program that offers hope for people who have problems with compulsive eating. It includes a sponsor and a specific food plan that helps take away cravings. We share our experience, strength and hope to recover from compulsive eating, bulimia, or anorexia. There are no dues or fees for GSA Membership. For more information, go to www.greysheet.org.

60 Second Spot

There is a regular meeting of GreySheeters Anonymous every [Day] at [Location] at [Time].

GreySheeters Anonymous (GSA) is a non-profit, 12-step program that offers hope and help to people who compulsively eat. We work together to solve our common problems of food addiction, compulsive eating, bulimia, and anorexia.

GreySheeters Anonymous (GSA) offers a recovery program that includes a sponsor, a specific food plan that helps take away food cravings and support from the GSA community. In meetings, members share their experience, strength and hope with each other to recover from compulsive eating, achieve peace around food and maintain normal body weights. There are no dues or fees for GSA membership. The only requirement is the desire to stop eating compulsively. Come and join us. For more information, go to www.greysheet.org.

Sample Notice for Print Publication

The following suggested notice might be used for newspapers, free “classified” style ads, community events calendars, and similar publications:

Can't stop eating? Are you using food to manage stress or emotions? Can't stay on a diet? Can't stop eating sugar no matter how hard you try? Struggling with binge eating, bulimia or anorexia? GreySheeters Anonymous, a 12 -Step program, may be for you! Come join us at a meeting!

Meeting day & time

Facility

Address

City, State, Zip

Email greysheet@greysheet.org or call 832-856-1058.

GSA Meeting Flyers & Wallet Cards

The following templates can be used by groups and intergroups as they choose. They are available as separate Microsoft Word documents to make editing and printing your own easier. Replace everything in square brackets [] with your own meeting information.

Use Your Creativity

Please feel free to use your creativity to modify these cards to reflect your group or intergroup public information committee goals. Some suggestions might be to

- Add the Serenity Prayer or the GSA Responsibility Statement on the back of the wallet cards.
- Use the wording from the *Can't Stop Eating Flyer* on the back of the wallet cards.
- Include personal contact information.

Serenity Prayer:

*God, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference.*

GSA Responsibility Statement

When anyone, anywhere, realizes they have a problem with food, I want them to think of the GreySheet solution. For that, I am responsible.

Included Templates

- Meeting flyer with tear-away sheets
- 8-per-sheet large cards (3.5 in x 2.25 in each)
- 10-per-sheet business cards (3.5 in x 2 in each)

Can't Stop Eating?

- Are you using food to manage stress or emotions?
- Can't stay on a diet?
- Can't stop eating sugar no matter how hard you try?
- Struggling with binge eating, bulimia or anorexia?

GreySheeters Anonymous may be for you!

GreySheeters Anonymous (GSA) is a group of people who have solved their eating problems. GSA has helped people who have tried everything else and failed and who are looking for lasting freedom from being controlled by food.

THIS IS NOT ANOTHER DIET. GSA offers a specific food plan that helps take away your cravings, clearly defined parameters for abstinence, accountability tools and support from a worldwide community. In GSA we share our personal experience, strength and hope and get support for lasting freedom from compulsive behavior around food. There are no dues or fees for GSA membership.

Come join us at a meeting!

[Day] • [Time]

[Location] • [Street] • [City]



**GreySheeters
Anonymous**

www.greysheet.org

Contact [Meeting Contact] at
[Contact Email] for more information

[Day • Time]
[Location • Street • City]
www.greysheet.org

[Day • Time]
[Location • Street • City]
www.greysheet.org

[Day • Time]
[Location • Street • City]
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[Day • Time]
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