

GreySheeters Anonymous World Services

Quarterly Town Hall Notes

Sunday, January 25, 2026

11am – 12:30pm ET

<https://zoom.us/j/717731799>

Last Sunday January , April and July

8am PT, 9am MT, & 10am CT • 9am CDMX (April, July)/10am CDMX (January) • 3pm Iceland (April, July)/4pm Iceland (January) • 4pm Ireland & UK • 5 pm Central Europe • 6pm Eastern Europe, South Africa, & Israel • 11pm Cambodia • 2am Hong Kong • 3 am Eastern Australia

Agenda Order

Welcome and Board of Trustees Introductions	5 minutes
Your World Service Questions & Feedback	Up to 20 minutes
Special Topic	20 minutes total
Update on Progress on our Vision and Four Core Functions	20 minutes total
Intergroup Presentations	15-20 minutes total
Closing (action items)	5 minutes

Responsible

Chair: SL	Timer: PM
Moderator: CB	JM to start Wordly

Board of Trustees in attendance: CB, CO, DK, JK, JG, KMc, MA, PS, SL

Total Attendance: 63

Executive Summary

The meeting began with introductions and welcoming remarks from SL, who outlined the agenda and explained that the meeting would be recorded and published in English and Spanish, with the notes to be shared on the website. SL introduced members of the Board of Trustees, presenters and moderators.

The agenda included introductions, world service questions and feedback, a presentation on the Gray Sheet Committee 2020 report, updates on the progress of the vision and core functions, presentations by intergroups, a report on the 7th Tradition and Donations, and announcements.

Questions & Feedback

Since most questions were related to the Special Topic, the Question & Feedback session was moved to follow the presentation.

GreySheeters Anonymous World Services

Special Topic: GreySheet Committee 2020 Report

Presented by GM

Why this topic? — In 2022, the Board realized many GreySheeters didn't know the Report of the GreySheet Committee existed or how to access it. To address this, the Board voted to present it at the first Town Hall each year so the fellowship would know the report is available as a resource.

How to get the report — The report was commissioned by the World Service Conference in 2019 and was intended to be shared like the GreySheet—through sponsorship. Sponsors may obtain it from their sponsor, GSR, or ISR. If needed, qualified sponsors may email GreySheet@GreySheet.org to request a copy.

History and purpose — Published in August 2020, the report follows Tradition 2: it is not an authority or policing tool. Like the GreySheet, it is a resource for members who want it. The committee that produced it was an ad hoc committee—formed for a specific purpose and disbanded once the work was completed.

A common misunderstanding — This report does not edit, update, or change the GreySheet. World Service has committed to the fellowship to never change the GreySheet food plan. It just is what it is. It's an oral tradition.

The mission — The committee was formed in response to growing concerns about increasingly divergent food practices that threatened unity. Its task was to describe our common understanding of abstinence and clarify areas where variations could affect fellowship unity—not to address every individual interpretation or sponsor practice.

The work: clarifications — Fourteen GSA members with over 20 years of abstinence met regularly for two and a half years. They reviewed every statement on the GreySheet, gathered fellowship input, and reached strong consensus on the most common, safest, and most unified ways to weigh, measure, and define GreySheet foods. These findings make up the clarifications section of the report.

The work: recommendations — The recommendations simply invite members to review the report, reflect on their own practices, discuss differences with their sponsor, and consider how those choices affect unity and sponsorship.

Guidelines and authority — Although guidelines were discussed at the time, none were adopted by groups, intergroups, or World Services. The report makes no mandates.

In closing — The report is just that, a report. It is a voluntary resource. Use it if it's helpful. Ignore it if it's not. It exists to support unity, not to govern.

Presentation is on pages 11-18

GreySheeters Anonymous World Services

Questions & Feedback

NS: Where do sponsors get the clarifications?

SL: GreySheet member can obtain a copy of the clarifications report from their sponsor or, if that is not possible, through their GSR, ISR, or by emailing GreySheet@greysheet.org.

MM: Why are we doing the clarifications again as a special topic? Will we do this every year?

SL: Good question. We don't post the Clarifications on the website, so the only way to get them is through a sponsor. In 2023, the Board passed a resolution to present the document to the fellowship once a year so people would know it exists and how to access it.

SL: We've done that a few times now. The Board of Trustees will be voting soon on other ways to make people aware, like adding a note on greysheet.org explaining that the document is available through sponsors. If that happens, we may not need to present it annually. So, for now, we're just doing it today, and we'll decide next steps shortly.

Di: If I have an opinion or response to something, is there an opportunity to share?

SL: Of course.

NS: Was it the board or world service, which is made up of group service representatives, that commissioned the report?

GM: The Board commissioned the committee at the end of 2018 and it started work in January of 2019. At the World Service Conference in October of 2019, the board proposed on behalf of the committee to publish a report that would be distributed via ISRs and GSRs. That was the part that the World Service Conference voted on - What would happen to the report? Will there be a report? And the World Service Conference voted, yes, to publish the report and distribute it via the structure of the organization.

NS: One last question. Is there an authority to the report, or ... it sounds like there isn't?

SL: There's not at all. It's not that type of document, and it's never been used to even determine anything insofar as whether a group can have their meetings listed on the website, whether a person can do service, etc. There's absolutely nothing. It was just a recommendation, a resource.

Di: It is clear that GSAWS has never presented its role with respect to the clarifications as coming from a position of authority, mandate, or recommendation. It's been neutral. The clarifications and related correspondence should always be available on request from GSAWS with a defined protocol on how to get it as archival information. The clarifications and GreySheet should not be available for download or access from the website. The GreySheet has always been available only through a qualified GreySheet sponsor. That's our tradition. I happen to love the clarifications.

SL: Thank you. And just so there's no confusion for everyone, neither the GreySheet nor the clarifications document are posted anywhere where it's accessible for people to obtain.

SW: I find the document very helpful, and I do have a PDF version of it, but I really appreciate the discussion on how to disseminate it and how to share it. Can you remove the mention of "Cambridge" GreySheet from a slide in the presentation?

SL: Thank you. GM: (re slide) Yes, I will address that.

GreySheeters Anonymous World Services

Updates on World Services' 4 Core Functions

Our vision is that when anyone, anywhere, realizes they have a problem with food - they think of the GreySheet solution.

To accomplish that vision, we believe that World Service has four core functions.

1. Protect the integrity of the GreySheet
2. publish literature that carries the GreySheet message
3. Reach out to the public (**Not available**)
4. Provide an informative and helpful website

1. Protect the Integrity of the GreySheet – MA

Protecting the GreySheet means protecting the **GreySheet Food Plan itself**. This includes ensuring a reliable supply of authorized hard copies, having systems in place for authorized distribution, as well as storage and shipping, and an encrypted electronic version that cannot be edited.

Clear policies, procedures, and structure are essential so that individuals cannot independently copy or alter the GreySheet. Access remains intentionally controlled through sponsors, groups, intergroups, and World Service trusted servants.

World Service also supports the fellowship through a full calendar of service meetings, including Traditions & Concepts meetings, Committees Connect, Town Halls, Chairs & ISRs meetings, committee meetings, and Board of Trustee meetings. These gatherings rely on dedicated volunteers who come together year-round to foster understanding, unity, and connection—and to carry out the expressed wishes of the fellowship.

The **Annual World Service Conference** is one of the most important service meetings of all. It represents the voice of the fellowship, and a key ongoing goal is to encourage greater participation through increasing the number of GSRs and delegates.

Questions & Feedback

DI: I respectfully ask if I could add a comment. That GSAWS always cite copyright references when referring to the integrity of the GreySheet, both the original copyright and the current one. So there's never any doubt about what literature we're referring to. So, I'll put this comment in an email to my GSR in New York.

GreySheeters Anonymous World Services

2. Publish Literature That Carries the GreySheet Message – SL

The Literature Committee responds directly to what the fellowship asks for. Over the past year, significant progress has been made in expanding and supporting GreySheet literature worldwide.

Recent and ongoing work includes:

- The Israeli intergroup's production of the *GreySheet Food Plan* and the *12 Steps & 12 Traditions* in Hebrew, with *Clarifications Report* currently in progress
- French translations of the *GreySheet Food Plan* and *Clarifications Report*, along with publication of a French translation of the *Solution for Compulsive Eaters* pamphlet
- Approval of Polish translations of the *GreySheet Food Plan* and *Clarifications Report*, with a Polish *Living Abstinence* translation underway
- *Living Abstinence* in Spanish currently at the typesetters and nearing publication
- Icelandic translations of the *12 Steps & 12 Traditions* in development

New literature has also been created:

- *A Newcomer Asks*, a downloadable document that introduces newcomers and sponsors to how GreySheet works
- *Sharing the Solution*, a newly published book of correspondence between a longtime member and her sponsor, preserving early sponsorship practices and fellowship history
- The committee is also actively working on the **GSA history book**, which is being revived with the help of committed volunteers and in collaboration with the Archives Committee.

And ...

- Literature committee approved content is being finalized for a **Wikipedia entry** on GreySheeters Anonymous
- The committee continues to update and recruit new **Member Stories** for the website to support newcomers and improve search visibility.

Questions & Feedback

SW: wow, wow, wow, So much productivity. But SL neglected to say how they generously reached out to the archive committee to liaison and collaborate in supplying material for the history book, and their generous donation to the Archives of the original Letters from "Sharing the Solution". So, we work hand-in-hand. The committees work as a team, so I just wanted to thank her so much.

3. Reach out to the public – Public Information Committee is unavailable

GreySheeters Anonymous World Services

4. Provide an Informative and Helpful Website – CS

The Website Committee was revived in March 2025 and, though small in number, has been highly active. The committee sees the website as a primary way to support the GreySheet Responsibility Statement—recognizing that many people first seek help for food-related issues online.

The site has been streamlined to emphasize:

- Support for newcomers
- Easy access to meetings
- Clear next steps such as attending a meeting, reading newcomer materials, or connecting with a member

Major initiatives include:

- A **new calendar** that will display meetings in **local time zones**, with flexible search, filters, and views
- A **new registration system** that allows meetings to update only what has changed, without re-entering all information
- Both the new calendar and new registration systems will be rolled out with clear guidance and communication to the fellowship.
- The Website Committee also initiated and authored content for the upcoming **Wikipedia page**, designed to increase visibility, provide neutral and authoritative information, and position GSA alongside other 12-Step programs.

Additional enhancements include:

- Expanding the **Member Stories** section,
- Redesigning the homepage to address newcomers and encourage next steps
- Adding a “What’s New” section
- And providing multiple ways to connect through emails to Committee, Board Officers, and
- An upcoming email ‘news’ subscription.

Presentation is on pages 19-29

In summary:

World Service supports the fellowship by protecting the GreySheet, carrying the message through literature, fostering unity through service, and making the GreySheet solution visible and accessible to anyone seeking help with food.

GreySheeters Anonymous World Services

Intergroup Presentations

Representatives from the New York Metro, European, and Western States intergroups gave brief updates on their activities, events, and initiatives.

NY METRO INTERGROUP - JM

The New York Metro Group website, www.greysheetny.org, serves as the digital hub for the New York Metro area of GSA. The site connects members to a community committed to total abstinence from trigger foods using the GreySheet food plan, offering a path to lasting freedom from binging and weight issues.

The site provides meeting schedules, resources, and community events that reflect the “we” of the program. It links members with sponsors, emphasizes weighing and measuring three meals daily, and encourages service and mutual support as keys to maintaining abstinence.

The New York Metro Group meets on Zoom on the first Monday of every month at 8 p.m. We have two men’s meetings connected to the New York Metro Intergroup and, just as an addendum, we are no longer affiliated with the Chicago meeting.

During the pandemic, we established our own Zoom account and currently sponsor 14 Zoom meetings. We also host in-person meetings—two on Long Island, two in Queens, and one in New York City—and are affiliated with two men’s meetings.

Our weekly schedule includes men’s and mixed Zoom meetings throughout the week, multiple in-person meetings on Saturdays, and five back-to-back Zoom meetings on Sundays, along with in-person meetings in Bethpage and on the Upper West Side.

The website connects the physical and spiritual aspects of food addiction, showing that willpower alone is often not enough. It features audio shares from past New York City ROUNDUPS, with 2025 shares in development, and supports the Long Island Speaker Jam, whose proceeds help fund website updates and GSR participation at the World Service Conference.

The site reminds compulsive eaters that they are not alone and that peace with food is possible through the GreySheet program and the New York fellowship.

For more information, visit www.greysheetny.org. I can be reached at ny-isr@greysheet.org.

Pesentation appears on pages 30-35

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WESTERN STATES INTERGROUP (WSIG) - CS

Our Western States Intergroup had kind of fallen apart, and this summer we held an in-person meeting at the Pacific Northwest Retreat. At that meeting, we decided to try to **reconstitute the intergroup** rather than merge with another one.

We did a lot of **outreach to members** across the Western States—I think there are about ten meetings in the region—and we've now **restarted the intergroup**.

We meet every other month at 7 p.m. on the first Wednesday of odd-numbered months. That time isn't ideal for me, but it works better for others, and at our last meeting we had seven people, which felt really encouraging.

Right now, I'm serving as ISR, though I'm looking for a substitute. V_ is our secretary, E_ is our treasurer, and CB is our board liaison. LM, who's here today, has volunteered to serve as backup ISR, which would be wonderful—we'll just need to vote on that at our next meeting.

We're just getting our feet under us again. I don't have any big accomplishments to report, but honestly, just meeting consistently feels like a big win. **We feel sustainable**, we're moving forward, and we don't need to merge with another intergroup. We're all very pleased about that.

EUROPE INTERGROUP (EIG) – AB and AW

PART 1 - AB (ISR)

Since the Conference I have officially been the Europe ISR. This is the first time I have held this position, and I am very happy to be able to do service with you (AW), who is secretary and we are doing this together, along with all the GSR's and fellows in the groups.

8 groups, 11 meetings, all on zoom except London which is hybrid twice a month.

The meetings take place weekly, except for the meeting in Germany, which is held once a month.

There is a new meeting on a Friday held by Stronger Together – this is a literature meeting, reading *Living Abstinely*.

Bulgaria and France groups have closed – due to low attendance and language/translation challenges

The GreySheet and clarifications document is currently being translated into Polish.

The European Intergroup **meets now every 2 months** and is one of the Intergroups who give the **most donations** to World Service.

GreySheeters Anonymous World Services

PART 2 - AW (Secretary)

A proposal and vote was taken in October 2025, to have **New Zealand and Cambodia** GSR's join European Intergroup whilst they find their feet and so that GSR's can share their Experience, Strength & Hope together. This will be reviewed again in October 2026

Non-English speaking groups do not get newcomers - the need to be able to translate and speak English is currently a necessity to get abstinent and the many different languages spoken in the groups of EIG makes it **challenging to bring in newcomers**.

Great work is being done on **translating literature**.

Sharing of Experience, Strength & Hope and perhaps some **events around how to conduct and format business meetings** would be helpful for the groups in EIG, so that all groups and GSR's are supported. Literature translation and online Steps and Traditions Meetings are also supporting our groups and members.

EVENTS

- The **London Roundup** will be taking place on **Saturday 5th May 2026** at the Jesuit Centre – Meetings, Workshops & Fellowship under the Theme '**Abstinence – No Matter What**'
- The **4th Annual Paris Roundup** will be taking place later in the year (TBD Oct 2026)
- **London Group** have planned an additional event for **Christmas 2026** to support GreySheeters – **12th December 2026 9am – 5pm** (accommodations available) and will be on website in due course

Donations

JG provided an update on the World Services budget and donation information:

I just want to start by saying we don't do this alone. We're incredibly grateful for JS, our wonderful bookkeeper, who keeps our numbers in order and helps us stay on track. I really want to acknowledge her service.

Each year, as part of Seventh Tradition, **we ask committees what they're planning**, what the fellowship has asked of them, and what they need to do that work. That's how we build our annual budget in service to the fellowship.

Our expenses are pretty stable. The website and literature are the biggest pieces, which makes sense since they're central to carrying the message. As a New York nonprofit, we also have legal and administrative costs, including protecting the GreySheet copyright.

Last year we were behind for much of the year, but thanks to a late boost from a couple of intergroups, **we came in close to budget**—about \$30,000 against a \$31,000 budget—without really needing to use reserves.

GreySheeters Anonymous World Services

I'm truly grateful to everyone who contributes. You can give one-time or recurring through PayPal, and Venmo now allows recurring payments too, which is especially helpful in our mostly virtual world.

If each of our roughly 800 members gave about \$40 a year, we'd meet the budget. Contributions can go wherever feels right, to your group, intergroup, or World Service.

And there's no pressure. **Just showing up, staying abstinent, and doing the work is already a huge contribution.**

I'm really grateful to be here with all of you, doing this together so the fellowship can continue.

Action Items

- **GM:** Review and, if appropriate, update the presentation slide to replace "Cambridge GreySheet" with "GreySheeters Anonymous community" as suggested by SW.
Result: The reference to the Cambridge community of GS was examined and kept, because it differentiates us from members of other fellowships using the GS in ways other than how we do, which was defined for us by the Cambridge founding members.
- **Board of Trustees:** Vote on whether to continue presenting the clarifications document at future town halls or to consider alternative methods of distribution/access.
- **Board of Trustees:** Consider moving the April town hall date to avoid conflict with the Connecticut retreat and update the schedule accordingly.
- **LM** is being considered as backup ISR for Western States IG. Vote to be held at the next IG meeting.
- Contact chair@greysheet.org if interested in **chairing the Public Information Committee**.
- Contact archives@greysheet.org if interested in becoming **chair of the Archive Committee**.

Closing

- Send suggestions for special topics for the next two town halls (April and July) to chair@greysheet.org .
- Questions, suggestions, and feedback may be submitted anonymously in advance to Communication@GreySheet.org
- More information Chair@GreySheet.org
- Find Notes and audio recordings (English with Spanish subtitles) from previous Town Halls <https://www.greysheet.org/world-services/town-halls>

Serenity Prayer

GreySheet Abstinence: Clarifications and Sponsor Guidelines

Town Hall



What is it?

GreySheet Abstinence: Clarifications and Sponsor Guidelines

Report of the GreySheet Committee to GSA World Services

August 31, 2020

Available to all qualified GreySheet sponsors from your sponsor, GSR, or ISR or

GreySheet@GreySheet.org

What it isn't

Tradition Two

For our group purpose there is but one ultimate authority-a loving god as he may express himself in our group conscience. Our leaders are but trusted servants; they do not govern.

- There is no GreySheet authority, no governing body.
- **GSA World Services** is not an enforcement agency. GSA World Services does not sit in judgement of abstinence or sponsorship.
- The **committee** is not an ongoing service to answer our questions about interpreting the GreySheet. Our sponsors interpret the GreySheet. We surrender to our sponsors' interpretations. There is no single uniform interpretation.

A Note About the GreySheet

- The founders of GSA World Services in 1998 committed to the fellowship that we would never change the GreySheet.
- The original Board of Trustees confirmed they had no intention of editing the GreySheet.
- The bylaws expressly state that GSA World Services will not change the GreySheet.
- The GreySheet still requires a qualified GreySheet sponsor to explain how our Cambridge GreySheet community uses the original document.

Issues About Which the Committee Chose Not to Make a Statement

- The GreySheet Committee's mission was to address those variations that are not aligned with the principles of our common definition of abstinence, and which threaten the unity of our fellowship.
- Our mission was not to answer every question about every ingredient, every food, and every practice that might arise – even if that were possible.
- We did not believe it is possible or necessary to eliminate every variation in interpretation.

Recommendations: Individual Members

1. Prayerfully review the report and consider the clarifications and guidelines in the spirit they were written.
2. Ask myself if my understanding of GreySheet abstinence aligns with these clarification statements.
3. Discuss with my sponsor any questions about possible variations between these clarification statements and my understanding.
4. Ask for guidance on how to resolve any variation. Should I change what I do? Should I continue doing what I currently do if it differs?
5. Ask myself if I will change the way I sponsor other GreySheeters if what I have sponsored differs from these clarification statements.
6. If my interpretation differs from the clarification statements and I decide to continue weighing and measuring according to my interpretation, how will I respond if I am asked by other GreySheeters about my interpretation?
7. How will my decision affect my GreySheeters Anonymous Group and GreySheeters Anonymous as a whole? How will it affect my primary purpose – to stay abstinent and help another compulsive eater?

Recommendations: GreySheeters Anonymous

1. GreySheeters Anonymous groups and intergroups may decide to elect trusted servants who align their abstinence with these clarifications and guidelines.
2. GreySheeters Anonymous World Service Conference might:
 - a. Define GreySheeters Anonymous groups as those whose members seek abstinence aligned with these clarifications and guidelines.
 - b. Define GreySheeters Anonymous intergroups as those whose officers and Group Service Representatives align their abstinence with these clarifications and guidelines.
 - c. Appoint Board of Trustees officers and members who align their abstinence with these clarifications and guidelines.

Tradition One

**Our common welfare should come first;
personal recovery depends upon GSA unity.**

- The GreySheet Committee simply captured in writing what had previously only been passed on orally as a service for those who want what we have.
- If you want what we have, do what we do.
- In the spirit of Tradition One, the report is a service to clarify what we do.

Website committee

Improving and updating GreySheet.org

Whenever anyone, anywhere, realizes they have a problem with food, I want them to think of the GreySheet solution.

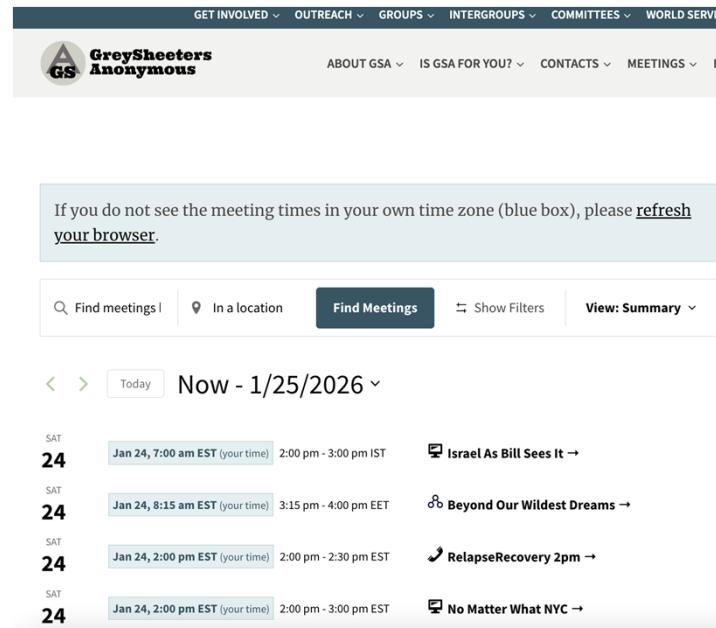
- ▶ **First point of contact:** A website is a safe place for people struggling with food addiction to seek help.
- ▶ **Builds trust and credibility:** Clear explanations of the program, testimonials, and transparency about how it works.
- ▶ **Accessible 24/7:** Cravings, despair, and moments of readiness can happen any time. A website is available whenever someone is ready to take that first step.
- ▶ **Helps find meetings quickly:** Searchable, easy-to-navigate meeting info at the moment someone is motivated to act.
- ▶ **Encourages the next step:** Calls to action (“Attend a meeting,” “Read a newcomer guide,” “Talk to a member”) help turn curiosity into connection.

GreySheet.org changes in 2025-26

- ▶ **New calendar** showing meetings in local time zones
- ▶ **New registration system**; updating meeting information will be streamlined
- ▶ **Site redesign**, emphasizing help for newcomers and What's new for fellowship members
- ▶ **Wikipedia entry** on GreySheet Anonymous, seeking to increase our program's visibility
- ▶ **Member stories**: Personal insights and inspiration.

New calendar: coming soon!

- ▶ See meetings in your local time zone!
- ▶ Lots of ways to search: Intergroup, meeting type, special focus, format, language, camera required/not, day, country
- ▶ Lots of display options: week, day, list, summary, map

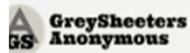


The screenshot shows the GreySheeters Anonymous website. The header includes links for GET INVOLVED, OUTREACH, GROUPS, INTERGROUPS, COMMITTEES, and WORLD SERVICES. Below the header is the logo for GreySheeters Anonymous. The main content area displays a message: "If you do not see the meeting times in your own time zone (blue box), please [refresh your browser](#)." Below this is a search bar with fields for "Find meetings", "In a location", "Find Meetings", "Show Filters", and "View: Summary". A date range selector shows "Now - 1/25/2026". The main list shows four meetings for Saturday, January 24, 2026, with details and links to "Israel As Bill Sees It", "Beyond Our Wildest Dreams", "RelapseRecovery 2pm", and "No Matter What NYC".

SAT	Jan 24, 7:00 am EST (your time)	2:00 pm - 3:00 pm IST	Israel As Bill Sees It →
SAT	Jan 24, 8:15 am EST (your time)	3:15 pm - 4:00 pm EET	Beyond Our Wildest Dreams →
SAT	Jan 24, 2:00 pm EST (your time)	2:00 pm - 2:30 pm EST	RelapseRecovery 2pm →
SAT	Jan 24, 2:00 pm EST (your time)	2:00 pm - 3:00 pm EST	No Matter What NYC →

New registration system

- ▶ Updating a meeting with a new time, re-registering a group or making other changes will be far easier.
- ▶ The new system will show all the existing meeting information, simply make whatever changes are needed.
- ▶ Otherwise, registration will be similar to the current model.



Can't stop eating?

GreySheeters Anonymous offers hope and recovery for compulsive eaters through a 12-step program.

New to GSA? Start here.

Take your first step toward recovery with our supportive community of abstinent compulsive eaters.



Especially for newcomers

Learn the basics of GreySheeters Anonymous and how to get started.



Talk to a member

Connect with an abstinent GSA member who can share their experience and help guide your first steps.



Attend a meeting

Join meetings happening around the clock, worldwide – In person, by phone, or by video.



Join an event

Connect with other recovering compulsive eaters through fellowship events and worksh

What's new

New book: Sharing the Solution

Quiz: Are you a compulsive eater?

New member story: A life restored through abstinence and support

New Booklet: A Newcomer Asks

day's Meetings

22 Jan 2026
02:00PM - 02:30PM EST
RelapseRecovery

22 Jan 2026
03:00PM - 04:00PM CDMX
Al Transcurrir el Dia

22 Jan 2026
05:00PM - 06:00PM EST
Worcester MA

22 Jan 2026
05:00PM - 05:30PM EST
Beginners Daily

22 Jan 2026
05:30PM - 06:30PM EST
LivingAbstinent

Upcoming events

Town Halls
01-25-2026

2026 Traditions & Concepts
02-22-2026

Committees Connecting 2026
03-08-2026

Retiro Madrid I España
03-20-2026

Chairs and ISRs meeting 2026
Saturday, 04-11-2026

MORE EVENTS

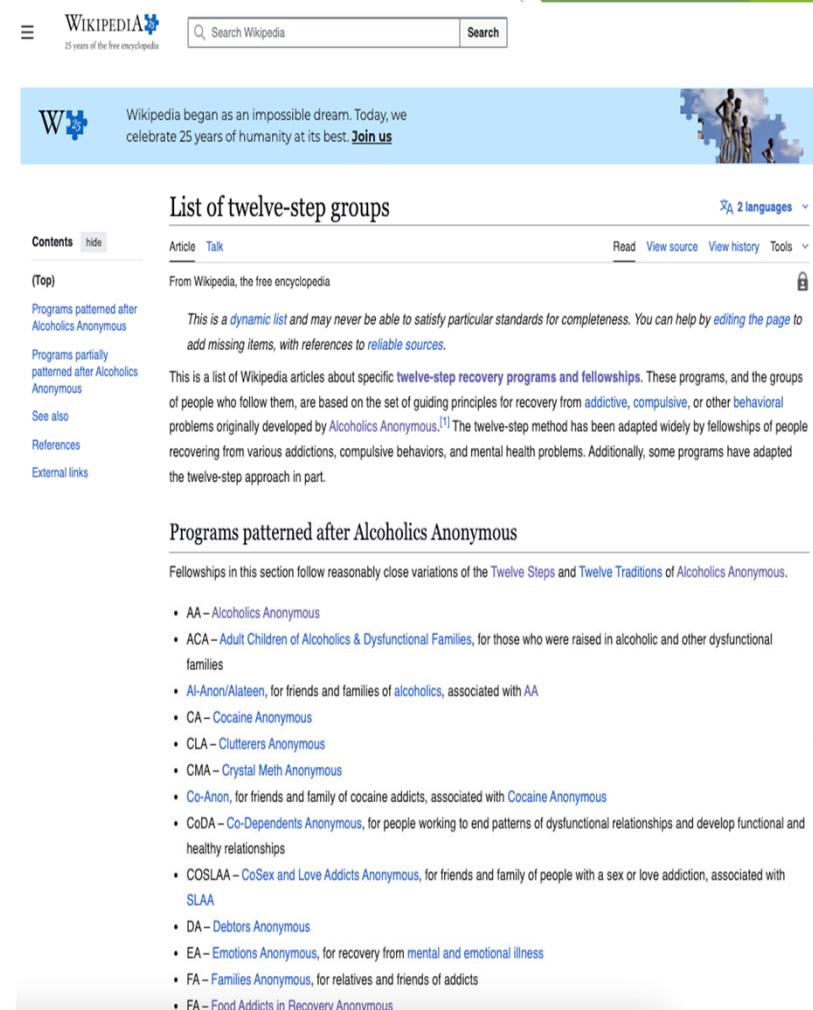
Home page redesign

- Newcomers' information emphasized

- “What’s new” highlights new literature, stories, upcoming events

Wikipedia

- ▶ Proposal for a GSA Wikipedia page passed by World Service Conference in October.
- ▶ Text approves by Website Committee, Literature Committee and soon to be voted on by the Board.
- ▶ Goals:
- ▶ Increase our visibility.
- ▶ Provide authoritative, neutral information about GreySheeters Anonymous.
- ▶ Serve as a centralized reference for potential members, healthcare professionals, researchers, and the general public.
- ▶ Position GSA alongside other 12-step programs in the digital ecosystem.



The screenshot shows a Wikipedia page titled "List of twelve-step groups". The page header includes the Wikipedia logo, a search bar, and a banner celebrating 25 years of the encyclopedia. The main content area is titled "List of twelve-step groups" and contains a dynamic list of programs. A sidebar on the left provides links to "Contents", "Programs patterned after Alcoholics Anonymous", "Programs partially patterned after Alcoholics Anonymous", "See also", "References", and "External links". The main text area describes the list as dynamic and incomplete, encouraging edits. It then lists various twelve-step programs, including AA, ACA, Al-Anon, CA, CLA, CMA, Co-Anon, CoDA, COSLAA, DA, EA, FA, and FA. The page footer includes standard Wikipedia navigation links like "Read", "View source", "View history", and "Tools".

Member stories

- ▶ A source of inspiration and insights
- ▶ Shares by abstinent GreySheeters on different aspects of abstinence.
- ▶ Adding new stories every 2 weeks (and highlighting in the “What’s new” section)



Making connections

- ▶ Register or update meetings
(registrar@greysheet.org)
- ▶ Events calendar
(events@greysheet.org)
- ▶ Area contacts list
(areacontacts@greysheet.org)
- ▶ Password-protected phone list
(phonelist@greysheet.org)



Email subscription

- ▶ Coming in 2026: Sign up to receive email updates about new content on the website.

Got ideas? See typos?
website@greysheet.org



NEW YORK METRO INTERGROUP

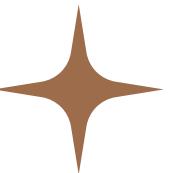




NYMIG: WWW.GREYSHEETNY.ORG

**Digital hub for the New York Metro
Area of GSA. (Including 1 Chicago
meeting)**

Zoom meeting : 1st Monday @ 8pm





ZOOM MEETINGS SPONSORED BY

NYMIG: 14

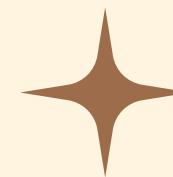


IN-PERSON: 2-LI / 2-QUEENS & 1-NYC
2- MEN'S MEETINGS

Monday: 1/ Men's Meeting
Tuesday: 1/ In-Person: Queens
Wednesday: 1/ Men's Meeting
Thursday: 3
Friday 1
Saturday 2/ In-Person: Levittown & Queens
Sunday 5/ In-Person: Bethpage & UWS

NEW YORK CITY GREYSHEET ROUNDUP AUDIO SHARES





LONG ISLAND SPEAKER JAM

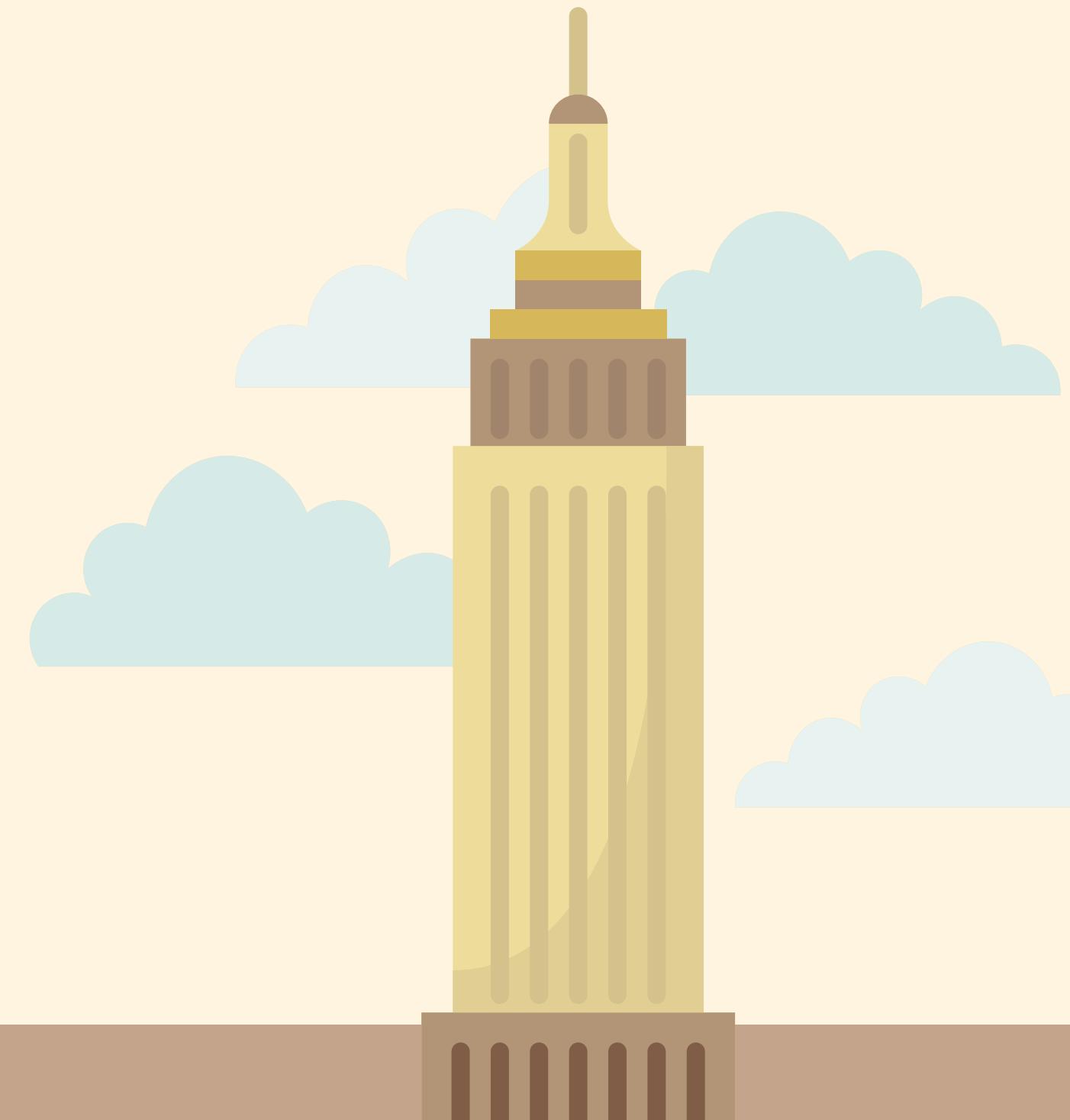


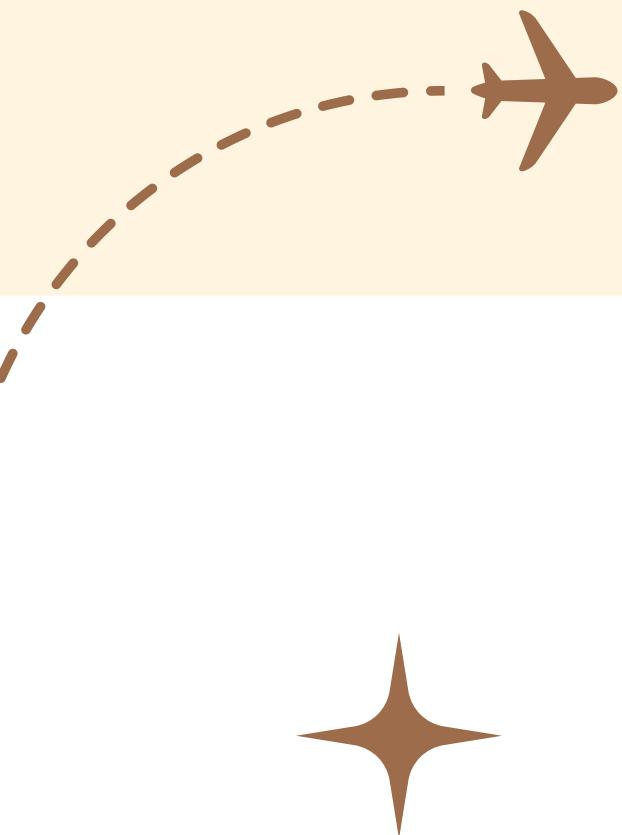
Started in 2013

2025 Bethpage Community Center

Proceeds will help update our website

Sponsor GSR's Registration WSC





THANK YOU

www.greysheetny.org

Contact: NY-ISR@greysheet.org

