

Disclaimer: In accordance with GreySheet principles: “Before you choose any plan, see your doctor. If you have a medical problem, follow your doctor’s plan.”

Furthermore, no trusted servant for the GSA New York Metro Intergroup or local meetings (leader, booker, treasurer, GSR, sponsor, etc.) claims to have medical expertise or promises members medical or mental health recovery as a result of participating in a GSA meeting. Any medical or mental health statements or promises so made do not represent the opinion of the GSA New York Metro Intergroup; nor its Officers or trusted servants or local GSA meetings responsible for such representations.

GreySheet abstinence as we define it is described in our GreySheet Group Purpose, below. Following a doctor’s plan is not the same as being GreySheet abstinent. All members are welcome to come to our meetings; however, members may not hold service positions if they do not meet the requirements below.

GreySheet Group Purpose:

This group has been founded and designed to discuss the fundamentals or basics of attaining and maintaining Greysheet abstinence. For that purpose, we explore together the utilization of the program of Alcoholics Anonymous in arresting compulsive eating. We strongly support Greysheet. We require that our meeting leaders be abstinent for at least 3 months on the Greysheet. We support a vigorous and positive attitude toward Greysheet abstinence---which we define as 3 weighed and measured meals a day with nothing in between, but black coffee, tea, or diet soda.