

## September 2021

Welcome to the first Secular Overeaters Community (SOC) monthly newsletter. Its purpose is to keep our members in the loop about upcoming events, new meetings, and resources. A new issue will be posted every month to the SOC email list. If you would like to be removed from the list, reply to this email with the word UNSUBSCRIBE in the subject line.

### UPCOMING EVENTS

#### Freethinker Zoom Step Study

Sunday, September 19 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step Nine. This is not an official OA meeting.

<https://us02web.zoom.us/j/85020276541?pwd=amUrc0NWbHdLS2o0NUNCdEYwNjNjXUT09>

Meeting ID: 850 2027 6541 | Passcode: 466472

#### Secular Overeaters | Sponsor Panel

Sunday, October 3 | 9AM PT/Noon ET/5PM UK

At this 90-minute presentation, new and experienced secular sponsors will talk about how they work with secular sponsees. We hope it will encourage more secular members to become sponsors! PLEASE NOTE: This is not a forum for sponsor matching.

**Register here for a reminder and Zoom link:**

<https://forms.gle/poYpveAxvMEmxr569>

### NEW MEETINGS

Check <https://secularovereaters.org/so-meeting-schedule/> for Zoom links, phone-in numbers, and meeting descriptions.

#### Safe Haven

Saturdays, 7AM PT/10AM ET/3PM UK

#### Secular Mental Health Tools

Tuesdays, 4PM PT/7PM ET/Midnight UK

### COMMUNITY RESOURCES

Here are some great resources that were recently shared in meetings and on the SOC email list. If you have a resource to share, post it to the list ([secular-overeaters-community@googlegroups.com](mailto:secular-overeaters-community@googlegroups.com)) or send it to the list administrators ([secularovereaters@gmail.com](mailto:secularovereaters@gmail.com)).

### **Food Reward System: Current Perspectives and Future Research Needs**

A technical article on the science of food addiction.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4477694/>

### **Habit Loops & Everyday Addictions**

A psychiatrist's explanation of how addictions form in the brain.

<https://drjud.com/habit-loops-everyday-addictions/>

### **OA Recovery Circles**

Did you miss the Secular Overeaters Community Gathering on recovery circles in June? This handout covers all the key details.

<https://secularovereaters.org/wp-content/uploads/2021/06/SO-RC-06122021.pdf>

## **FOUNDATIONAL SECULAR RESOURCES**

These key resources are posted in every SOC monthly newsletter. They will help you connect with other members and deepen your understanding of a secular approach to recovering from struggles with food and eating.

### **Websites**

**Secular Overeaters:** <https://secularovereaters.org/>

**Secular OA:** <https://www.secularoa.org>

### **Facebook**

**Secular Overeaters:** <https://www.facebook.com/groups/secularovereaters>

### **Google Group**

**Secular Overeaters Community Google Group:** To join, send an email [secular.overeaters.community@gmail.com](mailto:secular.overeaters.community@gmail.com)

### **Literature**

#### **Secular Translations of God Questions in the OA 12&12 Workbook**

Check out rewritten god questions in the Twelve Step Workbook of Overeaters Anonymous, and add your own!

<https://docs.google.com/spreadsheets/d/1j4Nm89mdraXOvJ3uxYrXS9siw5AKFTcRvMvMseqhW0g/edit?usp=sharing>

### **Meetings**

A complete list of secular meetings listed by your timezone:

<https://secularovereaters.org/so-meeting-schedule/>

### **Podcasts**

Look in your favorite app for these OA podcasts featuring awesome stories of OA secular recovery!

#### **The Secular Overeaters Podcast**

**Overeaters Anonymous Secular Podcast for Atheists, Agnostics, and Freethinkers**

**Overeaters Anonymous East Bay** (look for speakers from the Freethinkers Meetings)

### **WhatsApp**

**Emeryville Freethinkers WhatsApp Group:**

<https://chat.whatsapp.com/EfF6Pmz2Wyz6Cqt0xwWCi0>