

October 2021 Secular Overeaters Community Newsletter

Welcome to the October 2021 Secular Overeaters Community (SOC) 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. If you would like to be removed from the list, reply to this email with the word UNSUBSCRIBE in the subject line.

UPCOMING EVENTS

Secular Overeaters Sponsor Panel

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

At this 90-minute presentation, new and experienced secular sponsors will discuss 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 by October 2 for a reminder and Zoom link](#)

Freethinker Zoom Step Study

Sunday, October 17 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step Ten. This is an unregistered OA meeting.

[Zoom Link](#)

Meeting ID: 850 2027 6541 | Passcode: 466472

Secular Overeaters Community Gathering #4

Sunday, October 24 | 9AM PT/Noon ET/5PM UK

This 90-minute meeting will include:

- Guest speaker Jeffrey Munn, author of *The Practical 12 Steps: An Addiction Recovery Guide*
- An update on Secular Overeater Community initiatives
- A 15- to 20-minute recovery exercise: "Recovery Inventory: Support, Self-Help, and Service to Help Us Be Abstinent"

[Register here for a reminder and Zoom link](#)

NEW MEETINGS

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

Secular Men's OA

Thursdays | 330AM PT/630AM ET/1130AM UK

Foot Steps Freethinkers

Thursdays | 3PM PT/6PM ET/11PM UK

Safe Haven

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

Secular Mental Health Tools

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

COMMUNITY RESOURCES

This section has resources that were shared in meetings, in the Secular Overeaters Facebook group, on secularovereaters.org, or the SOC email list. If you have a resource to share, post it to secular-overeaters-community@googlegroups.com or send it to the list administrators (secularovereaters@gmail.com).

[Proactive Twelve Steps: A Mindful Program for Lasting Change](#)

An approach to recovery that seeks to describe the twelve steps in a down-to-earth way that shows how they promote healing.

[Beyond Belief Sobriety Podcast Secular Overeaters Episode](#)

In this episode, Jenne M. and Jim D. talk about their struggles with food addiction, the difficulty they experienced as atheists in OA, their experiences starting secular OA meetings, and the secularovereaters.org website.

[Beyond Belief: Agnostic Musings for a 12 Step Life](#)

A book, by Joe C, that has daily reflections for "nonbelievers, freethinkers, and everyone." Published in 2014 by Rebellion Dogs Publishing.

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 to secular.overeaters.community@gmail.com.

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

Check out [rewritten god questions](#) (Google spreadsheet) in the Twelve Step Workbook of Overeaters Anonymous, and add your own!

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

[Group Invite](#)