

November 2021 Secular Overeaters Community Newsletter

Welcome to the November Secular Overeaters Community (SOC) newsletter! Secular Overeaters is an informal community and [resource hub](#). It is not part of Overeaters Anonymous. The purpose of this newsletter 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.

GENERAL ANNOUNCEMENTS

Seasonal Time Changes

For the next few weeks different countries and states will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#) for updates.

Required Zoom Updates

If you haven't already done so, be sure to upgrade your Zoom web client soon. As of November 1, 2021, only versions no older than 9 months will be supported.

Name Initiative Report

This report describes the [background and results of a June/July 2021 survey](#) of secular OA members to identify potential labels for the Find-A-Meeting search menu on www.OA.org.

Make a Donation

Get a head start on GivingTuesday (November 30), and [make a donation](#) to Secular Overeaters. We currently have an annual budget of \$1400 and no donation is too small. What do we spend your money on? In the past year we have built a website (secularovereaters.org), funded two Zoom licenses to provide free secular meeting rooms, started a podcast (Secular Overeaters and Friends), and provided free newcomer and sponsor packets. If you haven't made a donation before, consider making one now.

UPCOMING EVENTS

Freethinker Zoom Step Study

Sunday, November 21 | 9AM PT/Noon ET/5PM UK

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

<https://us02web.zoom.us/j/85020276541?pwd=amUrc0NWbHdLS2o0NUNCdEYwNjNXUT09>

Meeting ID: 850 2027 6541 | Passcode: 466472

NEW MEETINGS

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

Focus on Anorexia

Fridays, 7AM PT/10AM ET

Secular Community Circle

Sundays 5PM PT/8PM ET

11th Step Meditation (this is not a new meeting, but the Zoom room has changed – see schedule linked above)

Mondays, 2PM PT/5PM ET

NEW RECORDINGS

Secular Overeaters Sponsor Panel (75 min)

Interested in becoming a secular sponsor? Hear from four secular sponsors as they describe their process during a workshop held in October 2021. Includes Q&A.

[Request a Secular Sponsor Packet.](#)

Secular Overeaters Community Gathering #4, Jeffrey Munn (66 min)

Author Jeffrey Munn talks about his recovery and his book [Staying Sober Without God](#), and takes questions from the gathering.

COMMUNITY RESOURCES

Here are some resources that were shared by community members. If you have a resource to share, send it to secularovereaters@gmail.com.

Food Freedom: A Resource Manual for Secular Overeaters [Draft]

This manual was written to help atheists, agnostics, and other secular/non-religious folks in recovery. This is a draft version and the authors would love comments on how to improve it. You can make comments on the Google Doc linked above or contact Jim D to provide feedback (jimwdriscoll@gmail.com; 520-250-0509).

50 Ways to Soothe Yourself Without Food

In this book, Susan Albers, Psy.D., has compiled a list of strategies and tips used by her clients who have found alternative ways to comfort themselves without food.

Read more about it in the review by Georgie B on the secularovereaters.org [Book Recommendations page](#).

Recovery: Freedom from Our Addictions

This book by Russell Brand was published in 2017. The audio version was recommended on the Secular Overeaters private Facebook group. An excerpt and worksheets are available for free on [Russell Brand's website](#) (scroll down the page to the "Recovery" section).

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) from 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 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](#)