



2021 Secular Overeaters Annual Report

Secular Overeaters (SO), an informal community, supports secular members of Overeaters Anonymous and others with compulsive food behaviors whose recovery does not rely on divine intervention.

The SO Board* was formed in July 2020, after the Pandemic began. Our first project was to build a website where we could all find each other and share resources not allowed at official OA meetings.

Since then, many volunteers have contributed time and money to expand our services which now include workshops, publications, a podcast, and resources for meetings and newcomers.

Together we will continue to accomplish great things, including freedom from our compulsive food behaviors!

2021 Financial Report

2020 Carry Forward	\$495
2021 Donations	\$3345
2021 Expenses	-\$1431
2021 Prudent Reserve	-\$1300**
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2021 Balance	\$1109

2022 Fundraising goal: \$1000

To cover the remainder of our 2022 annual expenses and to fund more newcomer packets.

Help Us Continue Our Work!

Your 7th Tradition contributions are crucial! Give what you can of your time or financially—every little bit helps.

Donate: <https://secularovereaters.org/so-donate/>

Volunteer: <https://bit.ly/SO-Volunteer>

Our Achievements

September 2020-December 2021

Website: <https://secularovereaters.org>

2 Zoom Accounts: Host 9 weekly meetings, special events, and committee meetings

3 Written Works: [Food Freedom: A Resource Manual for Secular Overeaters](#), [Newcomer Handout](#), and [Secular Sponsoring Handout](#)

4 Community Gatherings: With speakers, updates, exercises, brainstorming

4 Workshops: Ask-it Basket, TIME, Accountability Buddies, Sponsor Panel

8 Initiatives: Best Practices, Community Name (resulted in creating the Atheist/Agnostic/Secular Special Focus label for OA), Events, Literature, Newcomers, New Meetings, Service Board, Sponsoring

17 Sponsoring Packets Distributed: Free copies of OA's A Guide for Sponsors and SO's Secular Sponsoring Resources

29 Podcast Tracks: [The Secular Overeaters and Friends Podcast](#)

179 Newcomer Packets Distributed: Free copies of OA's Where do I start and SO's Newcomer handout

323 Facebook Followers: [Secular Overeaters and Friends \(in Overeaters Anonymous\)](#)

505 Monthly Newsletter Subscribers

For more information about the above resources, services, programs and more, please visit: <https://secularovereaters.org>

*Current board members are: Alan S, Jenne M, Jim D, Matt J, and Peggy M.

**Almost all of our expenses are annual fees, so to make sure we always have enough to cover our essential services, we have set aside \$1300 as a prudent reserve to cover a year's worth of those expenses.