

# 2023 Secular Overeaters Annual Report

Secular Overeaters has had a very nice year. Our Workshop Team hosted five workshops, and we held a Community Gathering in November with guest speaker Vera Tarman, MD (89 of you attended!). There is still a high demand for our Newcomer and Sponsor Packets, and we launched a community survey which closed on January 15, 2024 with 228 responses. We added a fourth Zoom account dedicated to Recovery Circles and had seven registered with us last year. Member donations have continued to be generous, and the SO Board decided to create, purchase, and send our own recovery chips to those who filled out our survey. (If you didn't get a chip, and you'd like one, go here: <https://bit.ly/SO-RecoveryChips>).

While it's hard to know the exact size of our community, we have over 1100 newsletter subscribers, and it's time to take the next steps to keep up with our growth. For 2024 we plan to switch to an email platform that will let us send more than 500 emails a day (that's our limit with our free gmail account, and we have to send the newsletter out over 3 days!), and we are investigating becoming a 501(c)(3) nonprofit organization. These new initiatives will come with added annual expenses, and we have a good financial cushion for now to cover the start-up costs.

We are extremely grateful to all of our volunteers. However, if we are to continue to thrive, we need more people to step up to do service. Whether this is at meetings, as sponsors, with Secular Overeaters projects (<https://bit.ly/SO-Volunteer>), or OA's

Secular Service Board (<https://www.secularserviceboardofovereatersanonymous.org/>)—it all helps you and our community. And, we strongly encourage everyone to become Zoom-literate (<https://oasandiego.org/zoom/>). It's doubtful that we'll have many in-person meetings anytime soon.

As we enter 2024, we wish you all a year of recovery and resilience. See y'all in the rooms!

—The SO Board: Ashley L, Jana K, Jenne M, Karolina N, and Linda L

For more information about the SO Board, read our [Charter](#).

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## Financial Report 2023

2022 Carry Forward:	\$3820
2023 Donations:	\$6190
2023 Expenses:	-\$5073
2023 Balance for 2024 Expenses:	\$4937
2023 Prudent Reserve*	(\$1900)

\*Almost all of our expenses are annual fees, and to make sure we'll always have enough to cover a year's worth of essential services, we set aside this reserve.

Our estimated annual expenses for 2023 were as expected, but since we had a bigger carry forward than last year and more donations, we were able to buy recovery chips and supplies to mail them to our global community.

During 2023 we had 186 donations from 109 different members of our community, ranging between \$3-500. Thank you!

*Report continues on the next page*

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## 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>

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## Our Achievements | 2023

The total in parentheses reflects either what we had at the end of 2023 or a lifetime distribution total.

1 Community Gathering (5 Total)

1 New Zoom Account (4 Total)

1 New Meeting (28 Total, 13 are not registered with OA)

1 New Version of the [Alternative 12 Step Discussion Guide for Secular Overeaters, Version 2](#) (2 Total)

5 Workshops: Accountability Buddies (2), Outside Resources, Recovery Strategies, Temporary Sponsorship

10 New Podcast Tracks (51 Total): The Secular Overeaters Podcast

21 New Sponsoring Packets Distributed (61 since October 2021): Free copies of OA's A Guide for Sponsors and SO's Secular Sponsoring Resources

94 New Newcomer Packets Distributed (400 since June 2021): Free copies of OA's Where do I start and SO's Newcomer handouts

168 SO Recovery Chips distributed to survey participants

198 New Facebook Followers (755 Total): Secular Overeaters and Friends (in Overeaters Anonymous)

326 New Monthly Newsletter Subscribers (1152 Total)

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## Early Survey Results

We have a small committee that will be writing up a report on our survey results, but in the meantime, here are some interesting tidbits.

**Question #2** (203 responses): Which ONE of the following best describes your struggle with compulsive food behaviors?

Food Behavior Struggle?	%	#
Anorexia	-	0
Avoidant/Restrictive	1.5	3
Binge eating	21.2	43
Bulimia	1.5	3
Emotional overeating	24.6	50
Food addiction(s)	13.8	28
Exercise addiction	-	0
Multiple issues	34.5	70
No issues	-	0
Other	3.0	6
TOTAL	100%	203

**Question #3** (203 responses): Do you consider yourself to be abstinent (either by your own definition or OA's—"refraining from compulsive eating and compulsive food behavior while working towards or maintaining a healthy body weight")?

Are You Abstinent?	%	#
Yes	23.2	47
Most of the time	34.5	70
Some of the time	28.6	58
No	13.8	28
TOTAL	100%	203

**Question #14** (203 responses): Currently, are you working (any version) of the Steps with a sponsor, sponsee, or on your own?

Working the Steps?	%	#
Yes	41.9	85
No, but did them before	30.5	62
I plan to	21.2	43
Steps not necessary	6.4	13
TOTAL	100%	203