



2022 Secular Overeaters Annual Report

Secular Overeaters (SO), an informal community, supports secular members of Overeaters Anonymous whose recovery does not rely on divine intervention.

In 2022 we did not create any new initiatives. Some of the original ones, like the Sponsor Initiative morphed into the SO Workshop Team. Working Within OA concluded with forming the OA Special Focus Service Board for Atheists/Agnostics/Seculars. Others, like Newcomers or New Meetings, have become an integral part of what we do (e.g., mailing OA and SO newcomer packets to anyone anywhere in the world and offering resources like free Zoom rooms for new meetings). Some of the original initiatives, like Best Practices for Recovery and Abstinence, have been disbanded due to lack of participation.

We are grateful for the many volunteers who have contributed time and money to support and expand our services. In 2022, we added a third Zoom account, conducted a newcomer survey, and completed a project where readers reviewed all 1500 OA Lifeline stories to create a list of secular stories for individual and secular meeting use ([Secular OA Lifeline Stories](#)).

SO is doing well financially, and we're holding on to extra funds for when really good ideas with high volunteer energy and price tags come along. And, we're sure they will!

As we enter 2023, we hope you all find the support you need to recover and to refrain from our common issues of compulsive food behaviors.

—The SO Board

Ashley L, Jana K, Jenne M, and Karolina N

Our Achievements | 2022

The “total” in parentheses reflects our “lifetime” numbers from our inception through December 31, 2022.

1 New [OA Secular Service Board](#)

1 New Zoom Account (3 Total)

1 List of 340 [Secular OA Lifeline Stories](#)

5 Workshops: Ask-it Basket (1), Accountability Buddies (3), Sponsor Panel (1)

6 New [Meetings](#) (27 Total, Includes 2 Monthly, 12 Are Not Registered with OA)

11 New Podcast Tracks (41 Total): [The Secular Overeaters and Friends Podcast](#)

22 New [Sponsoring Packets](#) Distributed (39 Total): Free copies of OA's A Guide for Sponsors and SO's Secular Sponsoring Resources

119 New [Newcomer Packets](#) Distributed (302 Total): Free copies of OA's Where do I Start and SO's Newcomer handouts

234 New Facebook Followers (557 Total): [Secular Overeaters and Friends](#) (in Overeaters Anonymous)

425 New Monthly Newsletter Subscribers (885 Total)

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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Financial Report | 2022

2021 Carry Forward	\$1108
2022 Donations	\$3753
2022 Expenses	- \$1041*
2022 Balance	\$3820
2022 Prudent Reserve	(\$1450**)

We have two co-treasurers and quarterly financial reports can be found [here](#).

*Our estimated annual expenses for 2022 were lower than expected! We received a significant discount on our Zoom licenses, and we had a back stock of newcomer supplies and postage from 2021.

**Almost all of our expenses are annual fees, so to make sure we always have enough to cover our essential services, in 2022 we set aside \$1450 in savings to cover a year's worth of overhead. Our co-treasurers will never let us touch this sacred kitty unless circumstances are dire!

Newcomer Survey

In October 2022 Secular Overeaters conducted a survey of newcomers to find out how they were doing and if SO could do anything else to help. Participants were selected from those who had requested a newcomer packet (265 people); 46 responded, 2 were traditional OAers, 11 dropped out of Secular Overeaters/Overeaters Anonymous, and 33 were still in program. Full results will eventually be posted on secularovereaters.org.

Top 5 Most Useful Recovery Resources

Of the 33 secular respondents still in OA, these were their top choices:

- 91% Secular Meetings
- 72% Secular Overeaters Website
- 64% Secular Literature
- 55% Working Secular Steps
- 52% Secular Podcasts

Since I've been in Secular Overeaters, I agree/somewhat agree that I have...

Of the 33 secular respondents still in program, these were their answers:

- 93% Gotten a lot out of attending meetings
- 83% Felt understood by people in secular OA
- 83% Found more sanity around food
- 80% Experienced physical recovery
- 80% Feel a greater sense of community
- 80% Appreciate the 12-Step approach to recovery
- 77% Have someone to contact for support
- 73% Feel less isolated
- 70% Feel more positive about life in general
- 64% Been more accepting of my appearance
- 60% Improved my relationships

Are you working or did you work the Steps while you were in OA/SO?

Of the 46 people who responded (everyone who took the survey), they answered:

- 64% Yes
- 17% I plan to but haven't started yet
- 19% No
- 0% I don't feel that doing the Steps is necessary for recovery