



# 2024 Secular Overeaters Annual Report

Secular Overeaters continues to thrive! In 2024 our workshop team hosted 4 workshops; the SO Alternative 12-Steps Discussion Meeting recorded another year of meetings (available on our podcast channel, The Secular Overeaters Podcast); and at our annual Community Gathering in November, we welcomed guest speaker author Serge Prengle (69 of you attended). We added a fifth Zoom account, and it's the third account dedicated to meetings (we also have an account reserved for Recovery Circles and one for workshops and business meetings). Our treasury is so well funded that we didn't do 7th Tradition fundraising in July. Instead we suggested that people donate to the Secular Service Board of Overeaters Anonymous (and they collected \$496 from all of you).

One of our goals for 2024 was to move our newsletter from Google to MailerLite, and we transitioned in July 2024. Our newsletter team is doing a great job, and their work is so much easier now that people can subscribe or unsubscribe using a link. We also analyzed the results of our big survey of our SO community (go [here for the two page Executive Summary](#)), and two of our biggest takeaways were that we need more people to step up for service and they may need Zoom training.

Some of our goals for the future include moving the website to an all-in-one system that doesn't require any knowledge of coding and working toward becoming a 501(c)(3) nonprofit organization.

As we continue through 2025, we wish you all recovery, persistence, 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](#). To see a list of our 2024 Achievements, go to the next page.

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## Financial Report 2024

During 2024 we had 128 donations from 73 different members of our community, with amounts ranging between \$3.75 and \$100. Thank you!

2023 Carry Forward: \$5010

2024 Donations: \$3309

2024 Expenses: -\$2355

2024 Balance for 2025 Expenses: \$5964

2024 \*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.

## What We Spent Your Donations On In 2024

Legal Books (501c3 Prep): \$144

Mailings (Postage, OA/SO Brochures): \$794

MailerLite (Newsletter): \$238

SoundCloud (Podcast): \$144

Website: \$149

Zoom: \$881

Miscellaneous: \$5

Total: \$2355

*Report continues on the next page*

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## Our Achievements | 2024

The total in parentheses reflects either what we had at the end of 2024 or a life-time distribution total.

1 Community Gathering (6 Total)

1 New Zoom Account (5 Total)

4 New Meetings (35 Total, 15 are not registered with OA)

4 Workshops: Accountability Buddies (2), Recovery Circles, DBT

8 New Sponsoring Packets Distributed (68 since October 2021): Free copies of OA's *A Guide for Sponsors* and SO's *Secular Sponsoring Resources*

20 New Podcast Tracks (71 Total): Available for your listening pleasure on The Secular Overeaters Podcast

52 SO Recovery Chips distributed (220 since 2023)

77 New Newcomer Packets Distributed (476 since June 2021): Free copies of OA's *Where Do I Start?* and SO's Newcomer handouts

132 New Monthly Newsletter Subscribers (1284 Total)

151 New Facebook Followers (906 Total): Secular Overeaters and Friends (in Overeaters Anonymous)

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## Help Us Continue Our Work!

Your 7th Tradition contributions are crucial, especially those of a volunteer nature! Give what you can of your time or financially; every little bit helps.

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

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