

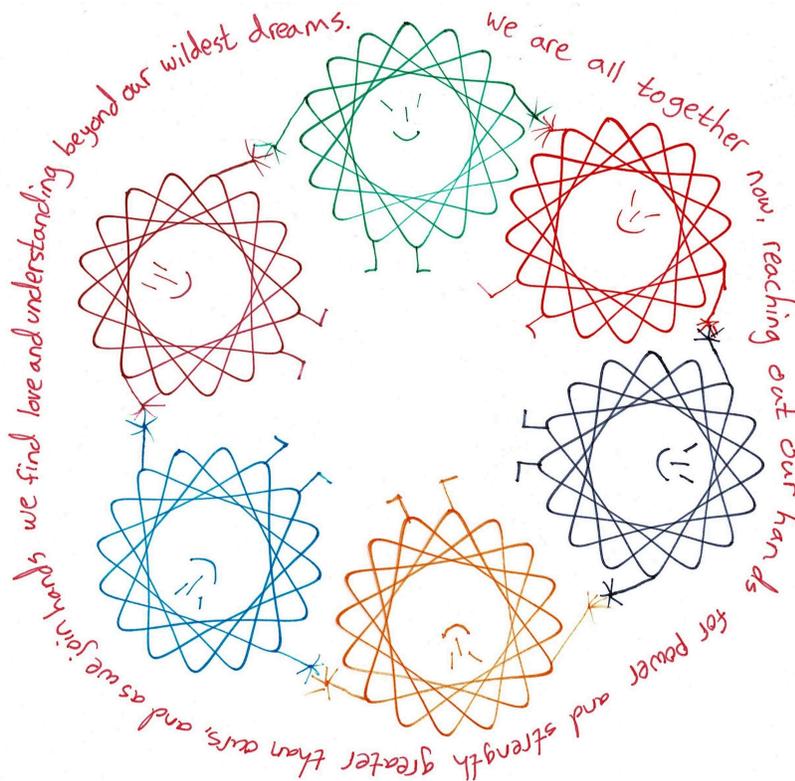


AUGUST 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

*Welcome to the August Community Newsletter. The newsletter team invites you to [check out some new features this month](#). We've added new artwork, a feature on tools for overeaters, and a secular OA reading with prompts you're free to use. We sincerely hope you enjoy our refreshed newsletter. Please **let us know what you think**.*

Secular Overeaters is an informal community and resource hub. It is not part of Overeaters Anonymous. The purpose of this monthly newsletter is to keep our members in the loop about upcoming events, new meetings, and resources. We'd love to hear from you; newsletter submission guidelines are provided at the end of this email.

If you would like to be removed from the list, use the UNSUBSCRIBE link at the bottom.



EVENTS

Accountability Buddy Workshop for Secular Overeaters

Sunday, September 28, 2025 | 9AM PT/11AM CT/Noon ET/5PM UK

Join this one-hour presentation to learn about the concept of Accountability Buddies, practice new skills, and get tips on how to find one of your own. A buddy is a great way to get more secular OA support, especially if you don't have a sponsor yet or if you have a nonsecular sponsor. Register here **BY MIDNIGHT**, Saturday, September 27, for a reminder and the Zoom link: <https://forms.gle/FA4iHbHerKvnZMZA6>

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, August 17, 2025 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step Eight, and follow along using our **Guide**. You don't need to be working the Step of the month to participate! Check **Meetings** for information.

Tell Us about Your Meeting

Do you have a meeting you would like people to know more about? We would love to highlight some of our community's amazing meetings (long-standing and new) in upcoming issues of this newsletter. Just send

the name, date, and time of the meeting, and a short description of the focus and format, to secularoveraters@gmail.com.



OVEREATERS' TOOL

Plan of Eating

What's your plan of eating? Many people with compulsive food behaviors find it helpful to come up with a food plan. There are as many plans of eating as there are compulsive overeaters. Maybe you decide to only eat at defined times (like breakfast, lunch, and dinner) to halt all-day grazing. Perhaps you organize foods into green-, yellow-, and red-light categories and define your abstinence as refraining from the red-light foods. Or, you limit yourself to three modest meals a day, with two optional snacks. Developing a plan of eating or changing an existing plan can be a daunting task. [This website](#) has created a detailed guide for building an effective plan.

ENGAGING WITH READINGS

“My Higher Power = Life Force”

In this imaginative and thought-provoking OA *Lifeline* [post](#), a secular member explores their concept of a higher power. After you've read it, feel free to use our prompts for writing, meditating, or discussion.

- Where do you find inspiration?
- Describe a time when an inspiration came to you that allowed you to stop fighting and let go.

- How can you become more open to acceptance and moving forward?
- How can you find courage to do the next right thing?

WEBSITE HIGHLIGHT

Sponsor Information

The [Finding a Sponsor page](#) not only includes information about how to find a sponsor, it also provides information on how sponsorship works and interview questions to help you determine if a particular sponsor is right for you. As a bonus, be sure to check out the recording of the “Sponsor Ask-It Basket Workshop” from June 2022 that is linked from the page.

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. You can find resources from past newsletters on the [Community Resources webpage](#).

Qigong for Anxiety (YouTube video)

My Pilates instructor recommended this short video, and the second exercise (at 1:30) is a quick one for clearing stress. I've been using it when I find myself in front of the refrigerator, and it helps me release anxiety instead of eating over it. —Anonymous SO member

Working with Others: Kim G (podcast)

In this podcast, Kim G. describes her guiding philosophy and strategies for sponsoring others in OA. New or experienced sponsors and gain inspiration from her experience. —Brandi



FOUNDATIONAL SECULAR RESOURCES

Find out about [key resources](#) that will help you connect with other members and deepen your understanding of a secular approach to recovering from struggles with food and eating.

NEWSLETTER SUBMISSION GUIDELINES

This newsletter is a place to share announcements, events, meeting news, and resources that focus on a secular approach to recovering from struggles with food and eating. Send submissions any time to secularovereaters@gmail.com, but no later than the 26th day of the month for inclusion in the following month's issue.

See the entries in this newsletter for format and style examples. Maximum length is 50 words. Include a contact name (first, last initial) and a phone number or email so readers can contact you if they need more information. Contact info is not necessary for the "Community Resources" section.

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