



# 2025 Secular Overeaters Annual Report

## Sending Out an S.O.S.

We need help. We have a core group who keep Secular Overeaters going. This year we experienced job loss, significant surgeries and long illnesses, new grandchildren, adult children in crisis, relationship breakups, deaths of beloved pets, and household moves. In addition we have regular busy lives. We have carried on, but we're burning out.

If you count on Secular Overeaters for your recovery, we're asking you to pitch in! Because there's a significant learning curve (training is provided), people should have the bandwidth to commit to 2-10 hours a month (involvement fluctuates depending on time of year and project), for at least 12 months.

We need volunteers in these areas:

- > 501(c)3: Lawyers or people with nonprofit development experience
- > Email: Someone to check and answer our email
- > Podcast: Sound editor(s)
- > Social Media: Administrators and content managers/creators for our Facebook page (and maybe other venues)
- > Website: Editors to update and/or develop new content
- > Workshop Team: Developers, Zoom moderators, narrators, and panelists

Service is a bedrock of recovery. Even those among us who might struggle with recovery find that volunteering provides an enduring link to the concepts of self-care, self-love, and community support. If you can help, please fill out this form: <https://bit.ly/SO-VolunteerOpportunities>

We want to thank everyone who has done service for our community both at the meeting and at the SO and **OA SSB** (Secular Service Board) levels. In addition you've been generous with your financial contributions, and we're poised to continue funding our current financial obligations. And finally, we wish everyone continued recovery in 2026—see you in the rooms!

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## An Overview of the Secular Overeater Board Accomplishments

SO's board members met at least once each month in 2025 to ensure operational feasibility of new and ongoing programs and resources, as well as growing and supporting the SO community. As a result, we accomplished the following:

One new initiative in 2025 was to transition our website from WordPress and Elementor to Squarespace. After two painful months of designing and hacking, our web designer and web developer realized we couldn't recreate a reliable version of our current robust and information-heavy site. The upside to this experiment was that we fixed many broken links and updated content on the current site.

Because we've begun thinking about SO's long-term future, the Board held a special meeting to engage in a SWOT (an assessment of strengths, weaknesses, opportunities, and threats) analysis activity which revealed the organization's immediate priorities: 1) incorporating SO into a formal 501(c)3 nonprofit; 2) address issues of volunteer shortages through Zoom training and other measures; and

3) strengthening relationships with other secular peer support groups to amplify our message to those in other programs struggling with food behaviors. We've chipped away at learning how to become a 501(c)3 nonprofit organization by reading up on this process, and we endeavor to bring this to fruition in 2026.

The Board has done quite a bit of work throughout the year to make recovery programming possible, and keep our efforts running smoothly. Toward that end, the Board and other volunteers: 1) produced and secured an impactful guest speaker (Beth Aich, author of *We're Not All Egomaniacs*) for the 7th Annual SO Community Gathering; 2) fulfilled and mailed requests for physical SO and OA recovery materials (i.e., newcomer packets, sponsor packets, recovery chip) both within the USA and internationally; 4) tracked donations and expenses, analyzing each new proposed expense to ensure it was the best use of SO's financial resources toward the stated SO goals; 5) provided Zoom rooms for meetings and recovery circles; and 6) prepared materials for workshops/classes/special meetings, ran SO's social media and edited/published the newsletter, workshop podcasts, and trained volunteers.

Details on SO's activities can be found under the heading "Secular Overeaters' Achievements | 2025."

—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 2025

During 2025 we had 135 donations from 59 different members of our community, with amounts ranging between \$5-100. Thank you!

2024 Carry Forward: \$5964

2025 Donations: \$2911

2025 Expenses: -\$2115

2025 Balance for 2026 Expenses and Future Special Projects: \$6760

2025 Prudent Reserve: \$2100\*

\*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.

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## What We Spent Your Donations On In 2025

E-mail/Newsletter services: \$315

Podcast services: \$144

Website services, including trying new platform: \$569

Zoom (5 accounts): \$887

Added to prudent reserve: \$200

Total: \$2115

## Help Us Continue Our Work!

Your 7th Tradition contributions are crucial! 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/>

*Report continues on the next page*

## **Secular Overeaters' Achievements | 2025**

The first bold number reflects our 2025 additions and the number in parentheses reflects our current total.

**0** New Zoom Accounts (5 Total)

**1** Community Gathering (7 Total)

**1** New Meeting: Secular H.O.W. Recovery (32 Total, 11 are not registered with OA)

**1** New Weekly DBT Class

**3** New Recovery Circles hosted by SO (12 Total)

**3** Workshops: Accountability Buddies (2), Recovery Circles (1)

**4** New Sponsoring Packets Distributed (72 since October 2021): Free copies of OA's A Guide for Sponsors and SO's Secular Sponsoring Resources

**5** New Podcast Tracks (80 Total): The Secular Overeaters Podcast

**52** New Newcomer Packets Distributed (524 since June 2021): Free copies of OA's Where do I start and SO's Newcomer handouts

**82** New Facebook Followers (988 Total): Secular Overeaters and Friends (in Overeaters Anonymous)

**111** SO Recovery Chips distributed (331 since 2023). All time total breakdown:

167 Chips sent to Survey Responders

35 Chips ordered with a \$5 donation

127 Chips sent out w/Newcomers Packets

2 Chips sent out with Sponsor packets

**251** New Monthly Newsletter Subscribers (1323 Total). With our new technology we made it easy for 184 to unsubscribe. : - (