

## December 2021 Secular Overeaters Community Newsletter

Welcome to the December Secular Overeaters Community (SOC) newsletter! Secular Overeaters is an informal community and [resource hub](#). It is not part of Overeaters Anonymous. The purpose of this newsletter is to keep our members in the loop about upcoming events, new meetings, and resources. A new issue will be posted every month. If you would like to be removed from the list, reply to this email with the word UNSUBSCRIBE in the subject line.

### GENERAL ANNOUNCEMENTS

#### **Atheist/Agnostic/Secular approved by OA for Special Focus**

The OA Trustees recently approved our Community Name Initiative request to change our name from “Atheist/Agnostic” to “Atheist/Agnostic/Secular” and to list us as a Special Focus instead of a Special Topic under the OA Find-A-Meeting search options. These changes have been made on the [OA.org](#) website and have already been applied to all our meetings. (The new name was chosen after an exhaustive survey of our community; [check here for the report](#).) Eventually, meetings can be listed under more than one Special Focus. For example, the Secular Men’s Meeting could be tagged as both “Atheist/Agnostic/Secular” and “Men.” Thanks to everyone who took the survey and those who worked on the initiative.

#### **OA Sponsorship Survey: Due December 4**

Add your secular voice to this short OA survey on sponsorship:

<https://www.surveymonkey.com/r/TSWC21>. Question 11 has a box you can check that reads, “Don’t have same concept of a Higher Power” and you can elaborate in the “Other” box.

#### **Volunteer Needed: Graphic Designer**

If you have design skills, Secular Overeaters needs a graphic designer to format our manual “Food Freedom: A Resource Manual for Secular Overeaters.” Please contact Jenne M ([secularovereaters@gmail.org](mailto:secularovereaters@gmail.org)) for more information.

### UPCOMING EVENTS

#### **Freethinker Zoom Step Study**

Sunday, December 19 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step Twelve. This is an unregistered OA meeting.

<https://us02web.zoom.us/j/85020276541?pwd=amUrc0NWbHdLS2o0NUNCdEYwNjNXUT09>

Meeting ID: 850 2027 6541 | Passcode: 466472

### MEETING NEWS

## **New Zoom Link for Friday Atheists/Agnostics Meeting**

Check the meeting schedule for details:

<https://secularovereaters.org/so-meeting-schedule/>

## **COMMUNITY RESOURCES**

### **Mom - TV Comedy**

This CBS TV show, which ran from 2013-2021, focuses on women in recovery (available on a variety of streaming services). – Recommended on the Secular Overeaters Facebook group.

### **[Trauma and the 12 Steps: An Inclusive Guide to Enhancing Recovery](#)**

This book (2020), by Jamie Marich, provides a trauma-informed approach to working the 12 steps. There is also a daily reader and a workbook. – Recommended on the Secular Overeaters Facebook group.

## **FOUNDATIONAL SECULAR RESOURCES**

These key resources are posted in every SOC monthly newsletter. They will help you connect with other members and deepen your understanding of a secular approach to recovering from struggles with food and eating.

### **Websites**

Secular Overeaters: <https://secularovereaters.org/>

Secular OA: <https://www.secularoa.org>

### **Facebook**

Secular Overeaters: <https://www.facebook.com/groups/secularovereaters>

### **Google Group**

Secular Overeaters Community Google Group: To join, send an email to [secular overeaters.community@gmail.com](mailto:secular overeaters.community@gmail.com).

### **Secular Translations of God Questions in the OA 12&12 Workbook**

Check out [rewritten god questions](#) (Google spreadsheet) from the *Twelve Step Workbook of Overeaters Anonymous*, and add your own!

### **Meetings**

A complete list of secular meetings listed by your timezone:

<https://secularovereaters.org/so-meeting-schedule/>

### **Podcasts**

Look in your favorite app for these podcasts featuring awesome stories of OA secular recovery!

- The Secular Overeaters Podcast
- Overeaters Anonymous Secular Podcast for Atheists, Agnostics, and Freethinkers
- Overeaters Anonymous East Bay (look for speakers from the Freethinkers Meetings)

### **WhatsApp**

[Emeryville Freethinkers WhatsApp Group](#)