

January 2022 Secular Overeaters Community Newsletter

Happy New Year everyone, and welcome to the January 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

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.

UPCOMING EVENTS

Freethinker Zoom Step Study

Sunday, January 16 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 1. This is an unregistered OA meeting.

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

Meeting ID: 850 2027 6541 | Passcode: 466472

Secular Overeaters | Sponsor Panel

Sunday, January 30 | 9AM PT/Noon ET/5PM UK

At this 90-minute presentation, new and experienced secular sponsors will talk about how they work with secular sponsees. We hope it will encourage more secular members to become sponsors! PLEASE NOTE: This is not a forum for sponsor matching.

Register here for a reminder and Zoom link:

<https://forms.gle/yGL7TUAUYSZxCieaA>

MEETING NEWS

New! Europe/Americas Secular Support Meeting

A new topic discussion meeting convenient for time zones in both Europe and the Americas needs Zoom hosts and co-hosts; no abstinence requirement. Contact Elizabeth (testingwithfire at protonmail dot com) for more information.

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](#).

[Turning Off The Tap: Overcoming The Real Reasons We Overeat \[Book\]](#)

This book by Sara Best was recommended on the Secular Overeaters private Facebook group. It's about how the brain drives habits like emotional eating and overeating and provides practical tools to help you reprogram and rewire those patterns.

[Palouse Mindfulness: Mindfulness-Based Stress Reduction \[Online Course\]](#)

This free self-guided course was recommended on the Secular Overeaters private Facebook group. Mindfulness-Based Stress Reduction is a blend of meditation, body awareness, and mindful movement.

FOUNDATIONAL SECULAR RESOURCES

<https://palousemindfulness.com/index.htm>

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.

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](#)