

March 2022 Secular Overeaters Community Newsletter

Welcome to the March 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. Newsletter submission guidelines are provided at the end of this email.

GENERAL ANNOUNCEMENTS

Seasonal Time Changes

For the next few weeks different countries and states will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#) for updates.

Help Wanted – Do you have an Accountability Buddy?

SO is looking for speakers who currently have an accountability buddy to speak for a few minutes at an upcoming workshop on Sunday, April 4. If interested, please contact Jenne at secularovereaters@gmail.com by March 7.

UPCOMING EVENTS

Freethinker Monthly Zoom Step Study

Sunday, March 20 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 3. This is an unregistered OA meeting. Guide: [Alternate 12 Step Discussion Guide for Secular Overeaters](#)

Zoom link:

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

Meeting ID: 850 2027 6541 | Passcode: 466472

Accountability Buddy Workshop for Secular Overeaters

Sunday, April 3 | 9AM PT/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 for a reminder and Zoom link:

<https://forms.gle/EmZvUc9NHX4wuvLf9>

MEETING NEWS

God-free Readings for OA Meetings

Official OA meetings are supposed to use only OA "conference-approved" literature. Here's a list of OA readings that are [diety-free!](#)

New Meeting: Neurodiverse Secular Overeaters

Sundays | 4PM PT/7PM ET

Provides a secular space to learn and share about how neurodiversity affects compulsive eating and recovery. All are welcome. Check the [meeting schedule](#) for more information.

WEBSITE HIGHLIGHT

Our Stories

Reading stories by others in the Secular Overeaters community can be helpful no matter where we are at in our own journeys. The [Our Stories page](#) has stories that were previously printed in the *OA Lifeline* magazine as well as SO exclusives! Read these stories to learn and be inspired, and consider submitting your own.

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](#).

[Waiting: A Nonbeliever's Higher Power](#)

In this book, Marya Hornbacher tells the story of her recovery from alcoholism and provides a framework for exploring the human spirit that is not based on a belief in God. – Recommended on the Secular Overeaters Facebook group

[Food Junkies Podcast Episode with Anna Lembke](#)

This episode from October 1 features the medical director for Stanford Addiction Medicine. She discusses compulsive and addictive behaviors related to food and strategies for overcoming them. – Recommended by Alan

[Food Freedom: A Resource Manual for Secular Overeaters \[Draft\]](#)

This manual was written to help atheists, agnostics, and other secular/non-religious folks in recovery. Comments are welcome on whether and how it has been useful to you and how it might be improved. Contact Jim D to provide feedback (jimwdriscoll@gmail.com; 520-250-0509).

NEW RECORDINGS

Alternative Step Study Recordings

The monthly Freethinker Zoom Step Study discusses alternative versions of the 12 Steps. See "Upcoming Events" above for connection information. A portion of each

meeting will be recorded as members discuss the step of the month. [Note: The meetings also include unrecorded segments for participants who prefer not to be recorded.]

022022 | [Discussion of Alternative Versions of Step 2](#) | 38 min

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 secularovereaters.community@gmail.com.

Secular Translations of the “God” Questions in The Twelve Step Workbook of Overeaters Anonymous

Many volunteers shared suggestions for how to [rewrite the “God” questions in the Twelve Step workbook](#). If you have a version to share, let us know (secularovereaters@gmail.com)!

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 Groups

- [Emeryville Freethinkers WhatsApp Group](#)

- [SecularMen'sOvereaters](#)

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.