

April 2022 Secular Overeaters Community Newsletter

Welcome to the April 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.

VOLUNTEERS NEEDED

New Workshop Committee

We're looking for three to five people to help develop and produce quarterly secular workshops/trainings for four Sundays (9AM PT/Noon ET) in 2022. We already have Sponsorship covered. Other topics could include Newcomers, Abstinence, Secular Steps, How to Start a New Secular Meeting, Developing a Food Plan, New Year's Marathon, or anything else! Contact Jenne at secularovereaters@gmail.org.

Artists

We'd like some artists to create graphics to be posted on our Facebook page and website for our workshops and events (e.g., Sponsor Panel, Accountability Buddy Workshop). Contact Jenne at secularovereaters@gmail.org.

Co-Treasurer

Seeking a volunteer to help keep track of our donations and expenses and create a brief monthly report. Knowledge of Google Sheets (a simpler version of Excel) preferred. Contact Jenne at secularovereaters@gmail.org.

UPCOMING EVENTS

Freethinker Monthly Zoom Step Study

Sunday, April 17 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 4. 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

At this one hour presentation you can learn about the concept of Accountability Buddies, practice new skills, and get tips on how to find one of your own. Having 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 Saturday April 2, midnight, for a reminder and Zoom link:
<https://forms.gle/EmZvUc9NHX4wuvLf9>

MEETING NEWS

Proposing New Meeting Convenient for Europeans

There are many wonderful secular meetings, but most are not at convenient times for Europeans who need to meet after work. Karolina would like to start a new meeting on Monday, Tuesday, or Wednesday at 8PM CET/7PM UK/2PM ET/11AM PT. It could also be an hour earlier or later. If you are interested, contact her at karolina.cat.84@gmail.com or +176 310 16 412 (WhatsApp or iMessage).

Meeting Time Change: Saturday Freethinker Foodaholics

Saturdays | New time: 2PM PT/5PM ET

Starting April 2. Check the [meeting schedule](#) for more information.

New Meeting: Friday Freethinker Foodaholics

Fridays | 2PM PT/5PM ET

Unregistered OA secular support group. Check the [meeting schedule](#) for more information.

WEBSITE HIGHLIGHT

Welcome Newcomers!

Are you a newcomer to Secular Overeaters or do you know a newcomer who needs resources and support? If so, don't miss the [Welcome Newcomers! page](#) on secularovereaters.org. It includes a number of useful resources including an FAQ of common newcomer questions.

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](#).

[Useful Apps for \(Secular\) Recovery](#)

Do you use smartphone apps to help you in recovery from compulsive eating? Or do you want to explore how apps can help you communicate, meditate, journal, log your food, and more? Take a look at this new spreadsheet and **please add your own favorite apps!** For assistance or if you have questions, contact Daniel at eindaniel@gmail.com.

[Alternate 12 Step Discussion Guide for Secular Overeaters](#)

This document was created to support Freethinker Monthly Zoom Step Study meetings (see "Upcoming Events" above). But even if you don't attend those meetings, you are likely to find this collection and interpretations of alternative versions of each step interesting and useful.

[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).

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.

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)!

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!](#)

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.