

May 2022 Secular Overeaters Community Newsletter

Welcome to the May 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

New Resource Manual

Previously shared in this newsletter while in draft form, we are excited to share that a final, beautifully formatted pdf version of [Food Freedom: A Resource Manual for Secular Overeaters](#) is now available online. It provides extensive practical ideas and guidance to help atheists, agnostics, and other secular/non-religious people in recovery from compulsive food behaviors.

Secular Service Board

Group representatives are needed for a new Secular Service Board (SSB) within OA. Its purpose is to support atheist, agnostic, and secular members. As with intergroups, representatives are needed from OA meetings. Please ask for a volunteer at your next business meeting and send their contact information to SecularServiceBoard@protonmail.com. Use the same email if you need more information or want to volunteer. See "Events" below for information about an upcoming meeting on Sunday, June 5.

Secular Intensive Group

Eight individuals recently worked through the Food Freedom manual for help in getting or staying abstinent. The organizers are about to start a new small group that will meet for seven weeks (1.5 hours each) beginning Sunday, June 19. It will run every other Sunday, 8-9:30 am EST. If you are interested, send an email to FoodFreedomManual@protonmail.com.

VOLUNTEERS STILL NEEDED!!!

One of the primary tenets of 12-Step programs is Service: it's a tool and a Tradition! If you'd like to pitch in, please let us know!!!

Are You Interested in Helping Newcomers?

We are creating a committee to develop workshops and resources focused on helping newcomers in Secular Overeaters. If you have a heart for those just

discovering SO who are taking those first few tentative steps toward recovery, please reach out to BradTinOR@gmail.com for more information!

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). No deadlines. Contact Jenne at secularovereaters@gmail.com.

Co-Treasurer/Bookkeeper

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, training available, but a computer is necessary. Total commitment is less than an hour a week, once you get the hang of it! Contact Jenne at secularovereaters@gmail.com.

UPCOMING EVENTS

Freethinker Monthly Zoom Step Study

Sunday, May 15 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 5. 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

Secular Service Board Meeting

Sunday, June 5 | 11AM PT/2PM ET

Meet representatives from other secular OA meetings to strategize on how to make OA more secular friendly.

Zoom link:

<https://us02web.zoom.us/j/89342019103?pwd=UE42blg0VFI0MjduNzJTL2JaY2kyQT09>

Meeting ID: 893 4201 9103 | Passcode: 897786

MEETING NEWS

New Meeting: Tuesday Secular Support

Tuesdays | 11AM PT/2PM ET/7PM UK/8PM CET

An informal meeting for anyone who has issues with food and would like secular support. The group reads outside literature and shares suggested topics. Check the meeting schedule for more information.

WEBSITE HIGHLIGHT

Daily Inventories/Tenth Steps

Some people find writing a daily inventory or tenth step to be an important part of their recovery practice. This page of the website has [seven short writing exercises](#) that can be used for tenth step work, which you can use any time and make part of your daily program (even if you haven't completed any of the steps).

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](#).

Selected Lifeline Articles

Several articles were recently recommended on the Secular Overeaters Facebook Group:

- [Stepping Into a Vocation](#)
- [Truly a Gift](#)
- [Wiener Dog Wisdom](#)

None of these articles mention a higher power. The first is about a practical idea to help recovery—changing one's world view from a "me" focus to a "we" focus. The second is about the life we can find with recovery. The third is about the importance of using the steps regularly, even when things are going well.

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.] Here are the links to recordings of the two most recent meetings.

- 032022 | [Discussion of Alternative Versions of Step 3](#) | 34 min
- 041722 | [Discussion of Alternative Versions of Step 4](#) | 37 min

Recordings of previous meetings can be found on the [podcast page](#).

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)!

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.