

June 2022 Secular Overeaters Community Newsletter

Welcome to the June 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.

ANNOUNCEMENTS

Secular Intensive Group: New Date

A group 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 26. 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, let us know!!! Respond to specific positions below, or fill out this form to let us know your skills: <https://cutt.ly/sj7Qxo7>

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

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, computer 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

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. All OA secular members welcome!

Zoom link:

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

Meeting ID: 893 4201 9103 | Passcode: 897786

Freethinker Monthly Zoom Step Study

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

We will be discussing traditional and alternative versions of Step 6. 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

Sponsor Ask-it Basket for Secular Overeaters

Sunday, June 26 (9am PT / Noon ET / 5pm UK)

Do you have questions about secular sponsorship? Our upcoming interactive Ask-It Basket invites fellows to ask and answer questions about finding a sponsor, deciding when to sponsor others, and accessing secular and non-secular resources. Register BY MIDNIGHT, Friday, June 24, for the Zoom link:

<https://forms.gle/NsUtnNUunqsd183J8>

WEBSITE HIGHLIGHT

In addition to secular resources related to recovering from food and eating challenges, there is a wealth of secular literature to help guide recovery found in many other fellowships. Scroll down to [Other Secular Resources on this page](#) to find links to relevant organizations.

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](#).

[We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem](#)

Published in 2021, this book, by Beth Aich "reframes the Twelve Step program so people with low self-esteem can grow to feel better rather than worse about

themselves.” It includes the author’s experiences and her perspectives on each step, and exercise for readers to explore their own beliefs and experiences.

No Need to Know

This Lifeline article, from 2017, is by an OA member who has maintained a 95-pound weight loss for twenty years. They wrote this inspirational article or athiests and agnostics who feel they don't belong in OA.

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’s the link to the recording of the most recent meeting.

- 051522 | [Discussion of Alternative Versions of Step 5](#) | 36 min

Recordings of previous meeting discussions 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>

Resource Manual

[Food Freedom: A Resource Manual for Secular Overeaters](#) provides practical ideas and guidance to help atheists, agnostics, and other secular/non-religious people in recovery from compulsive food behaviors.

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.