

## July 2022 Secular Overeaters Community Newsletter

Welcome to the July 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

#### Have You Made a Donation Lately?

Secular Overeaters relies on your donations to support the website, Zoom rooms, workshops, podcast, and newcomer packets, so that free information on secular viewpoints and alternatives to the regular theist OA solutions are readily available. Your donation, even \$5, is a big help!

Give now: <https://secularovereaters.org/so-donate/>

### VOLUNTEERS NEEDED

#### Send Us Your Book Recommendations

We would love to have your secular 12-step or food addiction book recommendations to add to the website's [Book Recommendations page](#). Keep it short (5 paragraphs), and be sure to address how it has helped you with your recovery from compulsive food behaviors. Send submissions to [secularovereaters@gmail.com](mailto:secularovereaters@gmail.com).

### MEETINGS

#### Monthly Meeting Highlight

Emeryville Freethinkers | Mondays and Wednesdays, 6-7pm PT / 9-10pm ET / 2-3am UK

Zoom link:

<https://zoom.us/j/452384903?pwd=bUJKWHImQUplMzM5d1ByQ0VxWGZxQT09>

This group began meeting face-to-face over 6 years ago in Emeryville, CA (home of Pixar Studios!) and has permanently moved to Zoom. The Monday meeting has an average of 30 fellows and follows a rotating topic schedule that includes Ask-it Basket, Slogan Discussions, Speakers, and non-religious OA readings. Wednesday nights average 20 fellows and focuses on writing (so have your journals ready!). The vibe is welcoming, there are rotating service positions and monthly business meetings, and lots of long-term recovery.

## **Tell Us About Your Meeting**

Do you have a meeting you would like people to know more about? We would love to highlight some of the amazing meetings (long-standing and new) of our community in upcoming issues of this newsletter. Just send us the name, date and time of the meeting, and a short description of the focus and format.

## **UPCOMING EVENTS**

### **Freethinker Monthly Zoom Step Study**

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

We will be discussing traditional and alternative versions of Step 7. 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

## **WEBSITE HIGHLIGHT**

Meetings are a key OA tool where members provide support to one another. On the website, you'll find a variety of resources, including a calendar of secular meetings, a calendar of all OA meetings, and practical, detailed information on how to start a new meeting (including scripts!). Go to [secularovereaters.org](http://secularovereaters.org) and hover over "Meetings" to find the drop-down menu for these resources.

## **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](mailto:secularovereaters@gmail.com). You can find resources from past newsletters on the [Community Resources webpage](#).

### **No God OA - An Atheist's Journey in Secular Overeaters Anonymous [Podcast]**

In this engaging podcast, which started in January 2022, the podcaster shares his journey using a secular OA approach, including his experiences with various aspects of the program (e.g., tools, steps), his ups and downs, and literature he's found helpful. Find it in your regular podcast app! – Recommended by Peggy M

### **[Dopamine Nation: Finding Balance in the Age of Indulgence](#)**

In this book, psychiatrist Anna Lembke explains how dopamine works in the brain, how the pursuit of pleasure leads to pain, and what this all means for people suffering from addictions. - Recommended on the Secular Overeaters Facebook Group

## **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.

061922 | [Discussion of Alternative Versions of Step 6](#) | 40 min

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

### **Sponsor Ask-it Basket Workshop**

If you weren't able to attend our June workshop, you can listen to this recording. Lots of great questions and answers about secular sponsorship!

062622 | [Secular Overeaters Sponsor Ask-it Basket Workshop](#) | 41 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>

### **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 [secularovereaters.community@gmail.com](mailto: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](mailto: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!](#)

## **Useful Apps for (Secular) Recovery**

A [list of apps to help you communicate, meditate, journal, log your food, and more.](#) **Please add your own favorite apps!** For assistance or if you have questions, contact Daniel at [eindaniel@gmail.com](mailto:eindaniel@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](mailto: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.

## **SUBSCRIBE TO THIS NEWSLETTER**

If this newsletter was forwarded to you and you are not already subscribed, you can join using this [Mailing List Form](#).