

August 2022 Secular Overeaters Community Newsletter

Welcome to the August 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.

MEETINGS

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

Accountability Buddy Workshop for Secular Overeaters

Sunday, August 14 | 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 or if you have a nonsecular sponsor. **Register here BY MIDNIGHT, Saturday, August 13**, for a reminder and the Zoom link:

<https://forms.gle/WeP75NggTCqAki1i9>

Freethinker Monthly Zoom Step Study

Sunday, August 21 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 8. 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

There are so many great books to help us on our path to recovery. Currently, there are seven book reviews on the [Book Recommendations page](#) written by people in the secular overeaters community.

Help us expand this list by writing a recommendation of your own. Keep it short (5 paragraphs), and be sure to address how it has helped or is helping you with your recovery from compulsive food behaviors. Send submissions to secularovereaters@gmail.com.

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](#).

[Emotional: How Feelings Shape Our Thinking](#)

This book (published in 2022) by Leonard Mlodinow covers what current science tells us about emotions. It includes a section on the role of emotion in motivation and pleasure that provides insight into addiction. – Recommended on the Secular Overeaters Facebook page.

[Food Junkies Podcast](#)

The purpose of this podcast is to increase awareness of food addiction as a disease and abstinence as the solution. Listen online or on your favorite podcast app. – Recommended by Joni and Melissa

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.

071722 | [Discussion of Alternative Versions of Step 7](#) | 50 min

Recordings of previous meeting discussions can be found on the [Alternative 12 Steps](#) 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.

Website

Secular Overeaters: <https://secularovereaters.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.

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!](#)

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.

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)
- No God OA

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.

SUBSCRIBE TO THIS NEWSLETTER

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