

September 2022 Secular Overeaters Community Newsletter

Welcome to the September 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

Facebook Administrators

Our awesome volunteer, Cynthia, needs to step down from her position as administrator of the Secular Overeaters and Friends Facebook group. We are seeking one or more people to be administrators for at least a year. Minimum duties include vetting new members, checking posts, and dealing with issues that come up. Contact secularovereaters@gmail.com if you can help.

MEETINGS

Monthly Meeting Highlight - Safe Haven

Saturday | 7AM PT/10AM ET/3PM UK

Safe Haven is an online OA meeting where we practice loving tolerance and celebrate diversity. ALL perspectives and beliefs are welcome. There are always many newcomers attending. Each week, the weekly leader chooses a reading or invites a speaker. The associated intergroup for this meeting is [OA Foot Steps](#). The meeting is currently seeking secular speakers. For more information, please join the [Safe Haven WhatsApp group](#) or email Laura B at Port4peace@gmail.com. Find Zoom information on the [meetings calendar](#).

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, September 18 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 9. 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

Alternative Twelve Steps

Numerous alternatives to the traditional AA and OA steps have been written over the years that are helpful to secular people seeking recovery. You can find many of them in the form of books, lists, webpages, and podcasts, in one handy place on the [Alternative Twelve Steps page](#) of secularovereaters.org.

Do you have a version of the 12 steps that is meaningful to you? Please let us know at 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](#).

Geneen Roth Books

In a recent review on secularovereaters.org, CJ describes how books by Geneen Roth helped her achieve abstinence. She writes that the books showed her that giving herself permission to eat anything made it easier to eat healthier. Scroll down on the [Book Recommendations page](#) to read CJ's full review.

Feelings Wheel

Many of us aren't always sure about what we are feeling. This handy wheel can help pinpoint exactly what's going on (and that we're probably not hungry). It's useful for step work like Steps 4 or 10. Print a copy and keep it in your journal! – Recommended at a Different Drummers meeting

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](#)
- [Safe Haven OA](#)

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

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