

October 2022 Secular Overeaters Community Newsletter

Welcome to the October 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

Help Identify Diety-free Lifeline Stories

We are looking for many volunteers to systematically review the 1300 online Lifeline stories for those that do not mention a higher power, a god, or prayer. Familiarity with Google Sheets is a plus, as we will use it to build a list that can be shared with secular meetings and individuals (it's easy, and training is available). If interested, please email us at secularovereaters@gmail.com.

MEETINGS

New Meeting – Friday Secular Early Birds

Fridays | 4am PT/7am ET/Noon UK. This is a registered OA meeting with a secular/atheist/agnostic focus. See the online [Meeting Schedule](#) for more details and a Zoom link.

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, October 16 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 10. This is an unregistered OA meeting. The meeting is recorded for use on the Secular Overeaters Podcast. Unrecorded segments are available for participants who prefer not to be recorded. 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

For recordings of previous meetings covering other steps, visit [Alternative Twelve Steps](#), and scroll down to Podcasts.

Accountability Buddy Workshop for Secular Overeaters

Sunday, November 13 | 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 secular support, especially if you don't have a sponsor or if you have a nonsecular sponsor. Register here for a reminder and Zoom link:

<https://forms.gle/wbQWd2peHCuKsVun9>

Secular Intensive

Schedule To Be Determined

This opportunity involves working with a group to go through [Food Freedom: A Resource Manual for Secular Overeaters](#)—a comprehensive guide covering Social Support, Food Planning, Self-Care, Service and Action Plans. The Secular Intensive will consist of eight sessions that meet every other Sunday. This will be the third time the group will be offered. Participants in previous rounds were very positive about this program's impact on their abstinence. If you are interested, please use this [sign-up form](#).

WEBSITE HIGHLIGHT

Sponsor Information

The [Finding a Sponsor page](#) not only includes information about how to find a sponsor, it also provides information on how sponsorship works and interview questions to help you determine if a particular sponsor is right for you. As a bonus, be sure to check out the recording of the "Sponsor Ask-It Basket Workshop" from last June that is linked from the page.

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](#).

[Food Junkies Podcast Episode 70: Suzanne Colon on Meditation](#)

In this episode, Suzanne Colon, co-founder of the Bozeman Dharma Center, describes the relationship between the Buddhist path and recovery from addiction and how meditation and self-compassion practices can help. - Recommended by Peggy M

[The Underwear Amends](#)

A *Lifeline* article about a woman realizing what amends to self mean. –
Recommended by Judy H

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.

082122 | [Discussion of Alternative Versions of Step 8](#) | 36 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](#)
- [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](#).