

November 2022 Secular Overeaters Community Newsletter

Welcome to the November 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 monthly newsletter is to keep our members in the loop about upcoming events, new meetings, and resources. 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

Seasonal Time Changes

For the next few weeks different countries and states will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#) for updates as we'll all be out of sync for a bit!

New Secular Board of Overeaters Anonymous Website

The new Secular Service Board [now has a website](#). Check it out to learn about the board, its meeting schedule for the coming year, and tips on how to find secular meetings on the Overeaters Anonymous Website. This website follows OA guidelines and can be posted in the Chats of registered OA meetings.

VOLUNTEERS NEEDED

Help Identify Diety-free Lifeline Stories

We are still looking for more volunteers to systematically review the 1300 online Lifeline stories for those that do not mention a higher power, a god, prayer, or religious spirituality. 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

Do you have a strong meeting?

How healthy is your weekly meeting? Do you hold a regular group conscience? Do you rotate service positions? Take a look at OA's [Strong Meeting Checklist](#) for tips (not all of their suggestions will apply, and these guidelines are good for unregistered meetings as well). Here's an OA Lifeline story with an example of an issue a meeting had over timing shares: [Of Our Own Accord](#).

Non-theist OA Readings

Check out this list of OA conference-approved [god-free stories](#).

UPCOMING EVENTS

Food Freedom Workbook Study: A Secular Path to Rational Eating

Sundays, Starting November 6 | 5AM PT/8AM ET/1PM UK

This 16-session workshop meets every Sunday for 1.5 hours and follows [Food Freedom: A Resource Manual for Secular Overeaters](#). Topics cover: Social Support, Food Planning, Self-Care, Service, and Action Plans. (Note: this was formerly called the Secular Intensive.) If you're interested, please sign up using this form: <https://bit.ly/SIFall22SignUp>

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 Overeaters Monthly Zoom Step Study

Sunday, November 20 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 11. 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.

WEBSITE HIGHLIGHT

Podcasts

So many of us have found podcasts to be an essential resource in our recovery. They expand opportunities to learn from the stories of other members and provide important information and resources. The [Podcasts page](#) on secularovereaters.org has a list of secular podcasts to listen to regularly, all of the Secular Overeaters Community podcasts (including recordings of events), and a curated list of "God Lite" podcasts—individual episodes of speakers who do not self-identify as atheist or agnostic, but whose shares are mostly God-free.

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](#).

[The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#)

This book (2015), by Bessel van der Kolk, M.D., addresses how trauma reshapes the body and brain, compromising one's capacity for "pleasure, engagement, self-control, and trust." It also explores treatments that activate the brain's natural plasticity. – Recommended on the Secular Overeaters Facebook Group

[Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food](#)

In *Mindful Eating* (2017), Zen teacher, Jan Chozen Bays, provides an approach that involves bringing one's full attention to the process of eating and tuning into your body's wisdom. A member of the Secular Overeaters Facebook group said that "reading it felt like receiving a clue or puzzle piece to a wider problem."

NEW RECORDINGS

Secular Overeaters Accountability Buddy Panelists

Listen to panelists Dawn, Judy, Marta, and Scarlet talk about their Accountability Buddies, followed by Q&A.

081422 | [Secular Overeaters Accountability Buddy Panelists and Q&A](#) | 28 min

Alternative Step Study Recordings

The monthly Freethinker Zoom Step Study discusses alternative versions of the 12 Steps. See "Upcoming Events" above for meeting information. Here's the link to the recording of the most recent meeting.

091822 | [Discussion of Alternative Versions of Step 9](#) | 38 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.

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