

December 2022 Secular Overeaters Community Newsletter

Welcome to the December Secular Overeaters Community (SOC) newsletter and happy holidays everyone! 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.

VOLUNTEERS NEEDED

Secular Overeaters is seeking volunteers for the following tasks and projects. If you are able to help with any of these, please contact secularovereaters@gmail.com and fill out our volunteer form: <https://bit.ly/SO-Volunteer>.

SO Workshop Team Members and Panelists

Want more secular workshops? The Secular Overeaters Workshop Team invites seculars from OA and Secular Overeaters to join us in presenting workshops on accountability buddies, sponsors, what works, food plans, action plans, and outside resources. If being on the team or speaking on a panel appeals to you, please fill out our volunteer form: <https://bit.ly/SO-Volunteer>

Sound Editor for Podcast

Seeking a person to edit recordings for our podcast. There are usually 1 or 2 a month.

WayBack Machine Expert

Urgently need advice from someone with WayBack Machine experience. This is for a project we're working on and we would like to discuss it with a person who is familiar with this web archive tool. We only need you for advice!

MEETINGS

New Meeting – Freethinker Foodaholics

Tuesdays | 2PM PT/5PM ET/10PM UK

Support group for people of any spirituality who suffer from disordered eating. This is an unregistered meeting that is similar to existing Friday and Saturday Freethinker Foodaholics meetings. Check the [meeting schedule](#) for more information.

UPCOMING EVENTS

Secular Service Board Quarterly Meeting

Sunday, December 11 | 11AM PT/2PM ET/7PM UK

Meet representatives from other secular OA meetings to strategize on how to make OA more secular friendly. All OA secular members are welcome and secular meetings are encouraged to send a representative. The meeting will last 90 minutes.

Zoom link:

<https://us02web.zoom.us/j/87626650539?pwd=MXZnV2c0K1VBUUdIT2RnVkJnOVczZz09>

Meeting ID: 876 2665 0539 | Passcode: 906456

Secular Overeaters Monthly Zoom Step Study

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

We will be discussing traditional and alternative versions of Step 12. 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

The Secular Traditions

The Twelve Traditions are to the health of twelve step groups what the steps are to an individual's recovery. They outline the purposes, functions, and conventions that make groups welcoming and safe for all members. The [secular version of the traditions](#) on this page was reprinted with the permission of AA Agnostica.

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](#).

Stutz (Netflix Documentary)

In this documentary, filmmaker Jonah Hill interviews his therapist. Much of what they discuss is similar to working the 12 Steps, such as the concept that forgiving others is for you, not for them. They talk about ideas like the shadow, gratitude, and radical acceptance. Hill shares about his depression and how he was an overweight kid. See the [trailer](#) for more information. – Recommended by Jenne

[A Change of Purpose \(Lifeline Article\)](#)

In this article, the author describes how they learned to stop obsessing about reaching a goal weight and instead end their diet-mentality and enjoy the journey of recovery. Their new purpose was not to lose weight, but to arrest an illness that was killing them.

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](#).