

January 2023 Secular Overeaters Community Newsletter

Welcome to the January Secular Overeaters Community newsletter. Happy New Year 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.

ANNOUNCEMENT

New Resource: [Secular OA Lifeline Stories](#)

Volunteers compiled this list of secular and god-lite *OA Lifeline* stories for use at secular meetings or by individuals, and they are conference-approved! Your meeting can also make a copy of the Google Sheet and add things like a column to track the stories you've used.

VOLUNTEERS NEEDED

Secular Overeaters is seeking volunteers for the following tasks and projects.

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

Urgently seeking a person to edit recordings for our podcast. There are usually 1 or 2 a month. If interested, please fill out our complete our volunteer form: <https://bit.ly/SO-Volunteer>

Temporary Sponsors Needed for Pilot Training Program

Secular Overeaters is piloting a program to train temporary Step sponsors. You need to have completed Steps 1 through 3 and be available for 1-hour sponsee meetings for 10 weeks. If you're interested please email secularovereaters@gmail.com.

MEETINGS

Meeting Tips

As we enter the new year, there may be many new members at meetings. This is a great time for groups to take stock of the health of their meetings. Is there a regular group conscience or business meeting? Are service positions rotated? 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).

And, as always, let us know at secularovereaters@gmail.com if you have a meeting you would like to have featured in this space.

UPCOMING EVENTS

Secular Overeaters Monthly Zoom Step Study

Sunday, January 15 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 1. 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.

Workshop: Recovery Strategies for Secular Overeaters

Sunday, February 12, 2023 | 9AM PT/Noon ET/5PM UK

Join this 1-hour and 15-minute panel presentation to hear three panelists discuss recovery and maintenance strategies. Includes breakout groups and open sharing. Register here BY MIDNIGHT, Saturday, February 11, for a reminder and the Zoom link: <https://forms.gle/f7bLZvFmdGj9amHGA>

WEBSITE HIGHLIGHT

Initiatives

Secular overeaters is an informal but thriving online community that began in July 2020. Learn about the many activities that have taken place since then on the [Secular Overeaters Initiatives page](#). It describes completed, ongoing, and "On the Back Burner" initiatives, as well as volunteer opportunities. Visit this page frequently to stay up to date on all the wonderful things this community has achieved.

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](#).

[What Happened to You: Conversations on Trauma, Resilience, and Healing](#)

This book (2021), by Oprah Winfrey and Bruce Perry, a brain and trauma expert, is about how our earliest experiences shape our lives and influence our behavioral patterns. It offers "a shift from asking 'What's wrong with you?' to 'What happened to you?'" – Recommended on the Secular Overeaters Facebook Group

[Choice and Freedom \(Lifeline Article\)](#)

The author describes what abstinence means to them ("freedom from the obsession with food and having to act on it when I get cravings") and how it impacts all areas of their life. – Recommended as part of the SO volunteer project to identify diety-free *Lifeline* stories.

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 secular.overeaters.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 [deity-free OA Lifeline stories](#) curated by SO volunteers and additional [Diety-Free OA Literature for Meetings](#).

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

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