

February 2023 Secular Overeaters Community Newsletter

Welcome to the February Secular Overeaters Community 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

Recordings of All 12 SO Alternative Step Discussions Now Available

In 2022, we recorded all step discussions (one per month). They can be accessed on the Secular Overeaters Podcast or on our website:

<https://secularovereaters.org/so-alternative-steps>. If you're working the steps right now, these will provide invaluable insights!

VOLUNTEERS NEEDED

Sound Editor for Podcast

Still urgently seeking a person to edit recordings for our podcast. There are usually 1 or 2 a month. If interested, please complete this volunteer form:

<https://bit.ly/SO-Volunteer>

UPCOMING EVENTS

Workshop: Recovery Strategies for Secular Overeaters

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

Join this 1 hour and 15 minute panel presentation to hear four panelists discuss recovery and maintenance strategies. Includes breakout groups and open sharing.

Advanced registration required BY MIDNIGHT, Saturday, February 11, for a reminder and the Zoom link: <https://forms.gle/f7bLZvFmdGj9amHGA>

Secular Overeaters Monthly Zoom Step Study

Sunday, February 19 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 2. This is an unregistered OA meeting. Guide: [Alternative 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.

OA Virtual Region Convention

Friday, March 3 through Sunday, March 5

Our [Secular Service Board](#) will be hosting a workshop at the OA Virtual Region Convention on Sunday, March 5, at 2:30PM PT/5:30PM ET/10:30PM UK. Register at <https://oavirtualregion.org/convention-2023/>

WEBSITE HIGHLIGHT

Have you visited secularovereaters.org recently? This month we want to highlight [The Tools](#) section of the site. It has descriptions of nine tools that can be helpful in recovery: meetings, sponsorship, food plan, literature, meditation, exercise, fellowship, service, and action plan. Learn about these tools and while you are there, take some time to explore the rest of the site!

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](#).

[We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem](#)

This book, by Beth Aich (2021), is revolutionary in its suggested approach to working the twelve steps. The author's description of ego trampled addicts coming into AA and being bombarded with more shame by being told they are selfish, self-centered, and egotistical hits home for many of our secular OA members. This book can provide us with an opportunity to deal with trauma, low self-esteem, and similar emotional conditions within the context of OA and enhance lasting recovery from food obsession. [Note: There is also an interview with the author on this [Beyond Belief Sobriety Podcast episode](#).] – Recommended by Martha H

[Overcoming Sugar Addiction with Mike Collins \[Podcast Episode\]](#)

This December 2022 episode of the Beyond Belief Sobriety Podcast features Mike Collins, the founder of sugaraddiction.com. He talks about his passion to help people overcome their addictions. Collins also has a website, sugaraddiction.com, which includes a free ebook, "The Last Resort Sugar Detox," and other resources. – Recommended by Elisabeth C

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 [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.

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