

March 2023 Secular Overeaters Community Newsletter

Welcome to the March 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

Secular Overeaters Alternative Step Discussion Is in Its Fourth Year

Join us on the third Sunday of the month for an engaging discussion of eight sets of Steps. You don't need to be working the Steps or the Step of the month to participate! See "Upcoming Events" below for more information.

UPCOMING EVENTS

OA Virtual Region Convention

Friday, March 3 through Sunday, March 5

Our [Secular Service Board](#) will be hosting two workshops at the OA Virtual Region Convention.

- Chapter 4 – We Agnostics: Saturday, March 4, at 7PM PT/10PM ET
- Lifeline Sampler and Taste of Lifeline Writing Workshop: Sunday, March 5, at 2:30PM PT/5:30PM ET/10:30PM UK.

Register at <https://oavirtualregion.org/convention-2023/>

Secular Overeaters Monthly Zoom Step Study

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

We will be discussing traditional and alternative versions of Step 3. 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.

Accountability Buddy Workshop For Secular Overeaters

Sunday, March 26 | 9AM PT/Noon ET/5PM UK

Join this 1-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 more secular OA support, especially if you don't have a sponsor yet or if you have a nonsecular sponsor. Register here BY MIDNIGHT, Saturday, March 25, for a reminder and the Zoom link: <https://forms.gle/nNzpcrvj4v22zDBa6>

WEBSITE HIGHLIGHT

Our Stories

Reading stories by others in the Secular Overeaters community can be helpful no matter where we are at in our own journeys. The [Our Stories page](#) has stories that were previously printed in the *OA Lifeline* magazine as well as SO exclusives! Read these stories to learn and be inspired, and consider submitting your own.

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](#).

[Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease](#)

This book, by Robert H. Lustig, M.D. (2013), addresses the science and politics that led to the pandemic of chronic disease over the last 30 years, including government mandates in the late 1970s to limit the fat content of foods and the response of the food industry to add more sugar. The book also covers personal strategies to readjust the hormones that regulate hunger, reward, and stress. – Recommended by Elisabeth C

10th Step GRAPES Format

Here is a great quick 10th Step Format from the [OA San Diego Intergroup website](#).

G: one way you are gentle with yourself

R: one way you relaxed today

A: one thing you accomplished today

P: one thing you did for pleasure/joy today

E: one thing you did for exercise/body movement today

S: one thing you did for social interaction today

– Recommended by Jenne

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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