

## April 2023 Secular Overeaters Community Newsletter

Welcome to the April 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

#### Alternative Step Discussion Recordings

Are you getting stuck on the traditional Twelve Steps and OA's interpretations? Check out the now complete 2022 collection of recordings from the monthly Secular Overeaters Alternative Twelve Step discussion meeting. Scroll midway down this webpage for the [recordings](#) (also available on the Secular Overeaters Podcast).

#### Secular Overeaters 2022 Annual Report

Find out what we were up to last year as well as some preliminary results from our fall 2022 newcomer survey: <https://bit.ly/SO-AnnualReport22>

#### Workshop Team Seeking Input on Outside Resources

The Secular Overeaters Workshop Team is planning a workshop on outside resources (like recovery books or podcasts) that aid our secular recovery. Please contact Kay at [freetoday62@yahoo.com](mailto:freetoday62@yahoo.com) if you are willing to share for 5 minutes on outside resources that have helped you. The workshop will be on a Sunday—exact date to be determined. Also contact Kay if you'd be willing to listen to the workshop recording to transcribe the resources for our website.

#### Zoom Rooms Available for Recovery Circles!

Secular Overeaters now offers no-cost 2-hour weekly Zoom room time slots for secular members wanting to start a Recovery Circle. Find out more about [Recovery Circles](#). Apply for a [Zoom Room](#).

### UPCOMING EVENTS

#### Secular Overeaters Monthly Zoom Step Study

Sunday, April 16 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 4. 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](#).

### **Food Freedom Workshop: An Introduction**

Sunday, April 16 | 3:30PM PT/6:30PM ET/11:30PM UK

Alan S, one of the group who created [Food Freedom: A Resource Manual for Secular Overeaters](#), will introduce the upcoming fourth round of Food Freedom Workshops. Participants in the first three rounds have reported significant progress in getting and maintaining their abstinence. The workshop itself will begin on May 14 at the same time and meet eight times, every other Sunday. Zoom link: <https://us02web.zoom.us/j/86413980699?pwd=YWJXaFdoeUhnZWJsMzV4WTB1NjNuQT09>

### **Temporary Sponsorship Training for Secular Overeaters**

Sunday, May 14 | 9AM PT/Noon ET/5PM UK

At this one-hour presentation, you will learn how to be a temporary Step sponsor by following a detailed 10-week program. During the 10 weeks, your sponsee will work through the first 3 Steps using OA and secular literature, learn about secular resources, and build a recovery team. The intended audience is first-time sponsors or experienced sponsors interested in learning about a temporary approach to secular sponsorship (this is not for people looking for sponsors). Register here BY MIDNIGHT, Saturday, May 13, for a reminder and the Zoom link: <https://forms.gle/S3oY9L4gFHGCfvbo9>

### **WEBSITE HIGHLIGHT**

#### **Welcome Newcomers!**

Are you a newcomer to Secular Overeaters or do you know a newcomer who needs resources and support? If so, don't miss the [Welcome Newcomers! page](#) on [secularovereaters.org](http://secularovereaters.org). It includes a number of useful resources including an FAQ of common newcomer questions.

### **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](mailto:secularovereaters@gmail.com). You can find resources from past newsletters on the [Community Resources webpage](#).

#### [Sponsor Workshop on Slogans](#)

This is a 27-minute recording from March 22, 2021 of a workshop where a sponsor named Rachel shared favorite slogans to apply to everyday problems. There is also

an accompanying handout, [Slogans That Have Helped Us](#). - Recommended on the Secular Overeaters Facebook Group.

### **In the Realm of Hungry Ghosts: Close Encounters with Addiction**

In this book, published in 2010, Gabor Mate presents addiction not as a medical condition but rather the result of "a complex interplay among personal history, emotional and neurological development, brain chemistry, and the drugs and behaviors of addiction" (from book description). - Recommended on the Secular Overeaters Facebook Group

### **NEW RECORDINGS**

021223 | [Recovery Strategies for Secular Overeaters](#) | 49 min

Listen to shared wisdom from the SO Recovery Workshop held on February 12, 2023.

### **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](mailto: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](mailto: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](mailto: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 (mostly recordings of workshops)
- Overeaters Anonymous Secular Podcast for Atheists, Agnostics, and Freethinkers (mostly 20 minute speaker shares)
- 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](mailto: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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