

May 2023 Secular Overeaters Community Newsletter

Welcome to the May 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

URGENT: Meeting Hosts and Co-Hosts

If you have a meeting hosted on a Secular Overeaters Zoom account, please respond to an email regarding Host Code updates. If you didn't get an email, please contact secularovereaters.zoom@gmail.com.

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

Temporary Sponsorship Training for Secular Overeaters

Sunday, May 14 | 9AM PT/Noon ET/5PM UK (60 minutes)

You will learn how to be a temporary Step sponsor by following a detailed 10-week program (this workshop is not for people looking for sponsors). Register BY MIDNIGHT, Saturday, May 13, for a reminder and the Zoom link:

<https://forms.gle/S3oY9L4gFHGCfvbo9>

Food Freedom Workshop Begins May 14

Sunday, May 14 3:30PM PT/6:30 PM ET/11:30 PM UK (90 minutes)

The next round of this workshop begins Sunday, May 14. Secular overeaters with abstinence will lead eight sessions every other Sunday, and follow the chapters in [Food Freedom: A Resource Manual for Secular Overeaters](#). On the alternate Sundays, participants will meet in small Recovery Circles at the same or mutually-agreeable times. Please sign up here if you intend to take part:

<https://forms.gle/9rwgoVMGaWT4NB7w9>

Secular Overeaters Monthly Zoom Step Study

Sunday, May 21 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 5. 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](#).

WEBSITE HIGHLIGHT

Daily Inventories/Tenth Steps

Some people find writing a daily inventory or tenth step to be an important part of their recovery practice. This page of the website has [seven short writing exercises](#) that can be used for tenth step work, which you can use any time and make part of your daily program (even if you haven't completed any of the steps).

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](#).

Peaceful Progress (Lifeline Article)

The author writes about following their own path, not that of others. The article ends with this sentence. "Quiet, peaceful, patient, persistent progress is good enough for me to live in recovery, one day at a time." – Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

Brain over Binge: Why I Was Bulimic, Why Conventional Therapy Didn't Work, and How I Recovered for Good (Second Edition)

In this book, published in 2022, the author, Kathryn Hansen writes about her own experiences recovering from binge eating and bulimia and her approach to "using the power of the brain to erase harmful habits and create lasting change" (from book description). There is also a [website with many free materials](#). – Recommended on the Secular Overeaters Facebook Group

NEW RECORDINGS

Accountability Buddy Workshop Recording (3/26/23)

Visit the [SO Accountability Buddy webpage](#) (<https://secularovereaters.org/accountability-buddies/>) to listen to the March 26 workshop speakers discuss their process. The full workshop recording is on that page as well (from June 28, 2021).

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 (***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***)

-

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](#).