

June 2023 Secular Overeaters Community Newsletter

Welcome to the June 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.

VOLUNTEER OPPORTUNITIES

This newsletter is seeking a new editor. It involves updating the newsletter each month and managing the subscription list. It's a fun and easy way to contribute to the community. The time involved is approximately 3 hours per month. Training will be provided. If interested, please complete this volunteer form:

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

UPCOMING EVENTS

Workshop: 12 Stepping a Problem for Nonbelievers

Sunday, June 11 | 9AM PT/Noon ET/5PM UK

Is there a habit you can't break, food you can't give up, or a form of self-care you neglect? Bring it to a 1-hour workshop offering a secular version of OA's "Twelve Stepping a Problem." We'll discuss the function of each step and then how you can fulfill that function. Register here by midnight Friday, June 9, for the Zoom link:

<https://forms.gle/UApA2hqJ2tHJpPgU9>. [More information.](#)

Secular Overeaters Monthly Zoom Step Study

Sunday, June 18 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 6. 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](#).

Workshop: Outside Resources For Secular Overeaters

Sunday, June 25 | 9AM PT/Noon ET/5PM UK

Want to learn how other Secular Overeaters use outside resources to aid their recovery from food obsession? Join this one-hour presentation beginning with

secular panelists sharing books, podcasts, apps, practices, and schools of thought. Register here BY MIDNIGHT, Saturday, June 24, for a reminder and the Zoom link: <https://forms.gle/sox5ocESTqjMbUEG7>

Conference: BC Secular AA Roundup

Saturday, July 8 | In-person, all-day | Langley, British Columbia, Canada | \$25
Two authors from the Secular Overeaters booklist, Joe C. ("Beyond Belief: Agnostic Musings for 12 Step Life") and Beth Aich (We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem"), will be speaking at the BC Secular AA Roundup in Langley on July 8. Learn more at <https://aaagnostica.org/bc-secular-aa-roundup/>.

MEETINGS

Secular Book Study

Thursdays | 3PM PT/6PM ET/11 PM UK

This book study meeting is reading "We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem." Participants must send a one-time email request for the password to notallegomaniacs@gmail.com. The group started from the beginning of the book on May 4.

New Weekly Meeting: Sugar and Processed Junk Food Addicts

Wednesdays | 3PM PT/7PM ET/12AM UK

This is a secular meeting for people who identify as sugar and processed junk food addicts. It strives to create a safe environment to strengthen abstinence from sugar and ultra-processed foods through evidence-based resources. Check the [meeting schedule](#) for Zoom link and details.

WEBSITE HIGHLIGHT

Other Resources

In addition to secular resources related to recovering from food and eating challenges, there is a wealth of secular literature to help guide recovery found in many other fellowships. Scroll down to [Other Secular Resources on this page](#) to find links to relevant organizations.

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](#).

[The Alternative 12 Steps: A Secular Guide To Recovery](#)

In this classic book, published in 2014, the authors Martha Cleveland and Arlys G. help interpret the Twelve Steps, chapter by chapter, in a way that helps

non-religious people understand how to use them as a framework for recovery. – Recommended by Jenne

[The Power is OA \(Lifeline Article\)](#)

The author describes how he works each of the 12 Steps as an atheist. – Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

NEW RECORDINGS

051423 | [Temporary Step Sponsoring: A 10 Week Program](#) | 43 min

This recording is of a workshop on being a temporary sponsor and leading a new secular member through the first 3 Steps using OA and secular literature, sharing secular resources, and helping them build a recovery team.

Handout: [Temporary Secular Step Sponsoring Packet](#)

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 and Friends:

<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/>

Zoom Rooms for Recovery Circles

Secular Overeaters 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](#).

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**)
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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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