

## July 2023 Secular Overeaters Community Newsletter

Welcome to the July 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

#### **7th Tradition: Have You Made a Donation to Secular Overeaters?**

Twelve-Step groups are traditionally supported through small donations by attendees. In-person meetings generally suggest a \$5 *per meeting* donation. Our virtual community has expenses, too! If you've never made a donation or haven't made one recently, please consider making an annual contribution this month:

<https://secularovereaters.org/so-donate/>

### VOLUNTEER OPPORTUNITIES

#### **Join the Secular Overeaters Workshop Team!**

If you're interested in helping produce workshops for our community, consider joining our team. We're looking for committed members with ideas and Zoom and Google App skills (or the willingness to learn them!). [Learn More](#)

### UPCOMING EVENTS

#### **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/>.

#### **Secular Overeaters Monthly Zoom Step Study**

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

We will be discussing traditional and alternative versions of Step 7. 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: The Functional Approach to Sponsoring**

Sunday, July 23 | 9AM PT/Noon ET/5PM UK

Develop the ability to sponsor someone by asking them how they will accomplish the work instead of telling them. Chia will lead this 90-minute workshop. [See this document for more information](#). Register using [this form](#) by midnight Friday, July 22, to receive the Zoom link.

### **WEBSITE HIGHLIGHT**

#### **Meetings**

Meetings are a key OA tool where members provide support to one another. On the website, you'll find a variety of resources, including a calendar of secular meetings, a calendar of all OA meetings, and practical, detailed information on how to start a new meeting (including scripts!). Go to [secularovereaters.org](http://secularovereaters.org) and hover over the "Meetings" heading in the banner to find the drop-down menu for these resources.

### **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](#).

#### **[Gabor Maté, Richard Schwartz & Marc Lewis - Rethinking Addiction \(Video\)](#)**

In this YouTube video from The Weekend University, three experts on addiction discuss how they use Internal Family Systems therapy (developed by Richard Schwartz) and Compassionate Inquiry (developed by Gabor Maté) to help people with addictions of all types.

#### **[Meditation and Awakening \(Lifeline Article\)](#)**

The author shares their experience with meditation as a means of countering compulsive eating. Explores spirituality without reference to god or religion. – Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

### **NEW RECORDINGS**

#### **[Outside Resources Presentation](#)**

Held on June 25, 2023, this Secular Overeaters Panel on "outside OA" resources includes presentations by four secular members as well as audience shares.

### **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](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/>

### **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](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**

If this newsletter was forwarded to you and you are not already subscribed, you can join using this [Mailing List Form](#).