

## **Welcome to the August 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**

#### **July Seventh Tradition Fundraising Update**

Thanks to everyone who donated in July. We raised enough to cover our basic operating expenses for a year!

### **SERVICE OPPORTUNITIES**

#### **Accountability Buddies Needed For Panel Workshop**

The Secular Overeaters Workshop Team is preparing for the Sunday, October 22, Accountability Buddies Workshop (9am PT/Noon ET/ 5pm UK). We're looking for people who haven't shared before to be part of a panel to speak for 4 minutes about their experiences (prompts provided). If interested, please fill out this [short form](#).

#### **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](#)

#### **The Secular OA Stories Project**

The OA Secular Service Board has started a project to collect stories by secular OA members for possible inclusion in an OA-approved book. [Check here for more details](#).

### **MEETINGS**

#### **New Weekly Meeting: Self Esteem, Body Image, and Recovery**

Mondays | 4PM PT/7PM ET/12AM UK

This meeting will focus on outside literature such as "We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self Esteem," as well as passages

from "Body Image, Relationships and Sexuality" and other 12 Step literature. All are welcome: atheist, agnostic, spiritual, questioning, and religious. Check the [meeting schedule](#) for the Zoom link and details.

## **UPCOMING EVENTS**

### **Secular Overeaters Alternative 12-Steps Discussion**

Sunday, August 20 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 8. 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**

### **Book Recommendations**

There are so many great books to help us on our path to recovery. Currently, there are nine book reviews on the [Book Recommendations page](#) written by people in the Secular Overeaters community. Help us expand this list by writing a recommendation of your own. Keep it short (5 paragraphs), and be sure to address how it has helped or is helping you with your recovery from compulsive food behaviors. Send submissions to [secularovereaters@gmail.com](mailto:secularovereaters@gmail.com).

## **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](#).

### **[The Fat Chance Cookbook, by Robert Lustig, MD \(Book\)](#)**

This free online book contains a concise summary of Dr. Lustig's research into the consumption of sugar followed by many sugar-free, whole food recipes, including sugar-free condiments and sauces. – Recommended by Brandi

## **Worthy of Writing and Paperless Process (Lifeline Articles)**

Two OA members share how they use writing in their recovery. – Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

## **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*)

## 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](#).