

## September 2023 Secular Overeaters Community Newsletter

Welcome to the September 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

#### **Save the Date: Community Gathering!**

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

Secular Overeaters (SO) is planning a 90-minute Community Gathering on Zoom that will include SO updates, speaker Vera Tarman (*Food Junkies* author and podcaster), and a recovery exercise to get us ready for the holiday feasting onslaught. Look for registration information in the October newsletter and at your meetings.

### EVENTS

#### **OA Secular Service Board Meeting**

Sunday, September 10 | 11AM PT/2PM ET/7PM UK

This Service Board is our official link with the traditional OA structure. Everyone is welcome to attend the meeting. For more info about us, see

<https://www.secularserviceboardofovereatersanonymous.org/new-page>

To attend the meeting, use this link to register:

<https://docs.google.com/forms/d/e/1FAIpQLSfQsjuezTAK0ZPJidOipIM3y9WCKDIBiHeZKifi8oPatN3NyA/viewform>

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

Sunday, September 17 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 9. 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](#).

### **The Functional Approach to Sponsoring**

Sunday, September 24 | 9AM PT/Noon ET/5PM UK

This 90-minute workshop with Chia is a sequel to the July workshop of the same name. If you did not attend that one, please read this web page:

<https://rivenwoodbooks.com/functionalSteps.html>

Register here by midnight, September 22, for the Zoom link:

<https://forms.gle/S2rq3GECE6JBHkGJ6>

### **Food Freedom Workshop Begins October 1**

Sunday, October 1 | 3:30PM PT/6:30PM ET/11:30PM UK

The next Food Freedom Workshop (90 minutes) will begin on Sunday, October 1, and run for eight consecutive Sundays until November 19. Participants must also commit to meeting in a Recovery Circle each week for an additional hour. Sign up at

<https://docs.google.com/forms/d/e/1FAIpQLScdFk9OvYCFzsrECzVn9QUF-tecfKCnl7nPMA949cazEy9eSg/viewform>

If you need more information, please email [jimwdriscoll@gmail.com](mailto:jimwdriscoll@gmail.com).

### **Accountability Buddy Workshop for Secular Overeaters**

Sunday, October 22 | 9AM PT/Noon ET/5PM UK

Join this one-hour presentation to learn about the concept of Accountability Buddies, practice new skills, and get tips on how to find one of your own. A buddy is a great way to get more secular OA support, especially if you don't have a sponsor yet or if you have a nonsecular sponsor. Register here BY MIDNIGHT, Saturday, October 21, for a reminder and the Zoom link:

<https://forms.gle/CMZLVkJrb9vnjcj46>

## **SERVICE**

### **Editing Help Wanted!**

We need a volunteer who has some skill in Word or a compatible word-processing language to help update the Food Freedom Manual. We would like it to be ready for uploading to PDF for the next Food Freedom Workshop beginning Oct. 1. Please contact [jimwdriscoll@gmail.com](mailto:jimwdriscoll@gmail.com) to help or for more information.

## **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](#)

## **Survey Summary Writer(s) Needed**

Are you able to write a few sentences describing/interpreting a pie chart? The SO Board is looking for help writing up descriptions of research results so they can be shared with the SO community. If you're interested, please fill out this [volunteer form](#).

## **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: Sugar and Processed Junk Food Addicts**

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

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

### **Meeting Highlight: Different Drummers**

Saturdays | 9AM PT/Noon ET/5PM UK

I attend a Secular Overeaters meeting called Different Drummers that meets on Saturdays. Participants read outside resources, allow mention of specific foods, and allow cross-talk. A 10-minute period for writing or reflection in response to the day's reading is followed by sharing. The readings are thought-provoking and informative. Find it on the meetings list: <https://secularovereaters.org/so-meetings/>  
-Janet M

### **Tell Us About Your Meeting**

Do you have a meeting you would like people to know more about? We would love to highlight some of our community's amazing meetings (long-standing and new) in

upcoming issues of this newsletter. Just send us the name, date, and time of the meeting, and a short description of the focus and format.

### **WEBSITE HIGHLIGHT**

#### **Alternative Twelve Steps**

Numerous alternatives to the traditional AA and OA steps have been written over the years that are helpful to secular people seeking recovery. You can find many of them in the form of books, lists, webpages, and podcasts, in one handy place on the [Alternative Twelve Steps page](#) of [secularovereaters.org](http://secularovereaters.org).

Do you have a version of the 12 steps that is meaningful to you? Please let us know at [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](#).

[Ultra-Processed People: The Science Behind Food That Isn't Food, by Chris Van Tulleken](#) (Book)

A medical doctor in the UK discusses the allure of ultra-processed food and its addictive properties. – Recommended by Janet M

[Maintenance Phase](#) (Podcast)

Hosts take deep dives into wellness and weight topics. – Recommended by Brian

### **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](#).