

## October 2023 Secular Overeaters Community Newsletter

Welcome to the October 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.

### EVENTS

#### **International Conference of Secular AA**

Saturday-Sunday, October 7-8 | All Weekend

Speakers include Dr. Anna Lembke, author of *Dopamine Nation*, and Kevin Griffin, author of *Buddhism and the 12 Steps*. The conference will have lots of workshops and will be on Zoom. Find information at [www.aasecular.org/virtual-conference](http://www.aasecular.org/virtual-conference).

#### **Food Freedom Workshop Begins October 8**

Sunday, October 8 | 3:30PM PT/6:30PM ET/11:30PM UK (90 minutes)

The next Food Freedom Workshop will begin on Sunday, October 8, and run for seven 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).

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

Sunday, October 15 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 10. 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](#).

#### **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>

### **Secular 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. Register here for a reminder and the Zoom link:

<https://forms.gle/sJ8iLucaAyYoJ9K46>

**Note:** The Seasonal Time Change begins on November 5 in the USA, so double check your clocks!

### **SERVICE**

#### **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**

#### **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**

## **Sponsor Information**

The [Finding a Sponsor page](#) not only includes information about how to find a sponsor, it also provides information on how sponsorship works and interview questions to help you determine if a particular sponsor is right for you. As a bonus, be sure to check out the recording of the "Sponsor Ask-It Basket Workshop" from June 2022 that is linked from the page.

## **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](#).

[R.A.I.N. Meditation](#) (Website)

A meditation format to identify and overcome anxiety. – Recommended by Susan

[The Addicted Mind, Episode 35- Food Addiction & The Hunger Fix](#) (Podcast)

This podcast episode discusses food addiction, brain chemistry, and childhood trauma. – Recommended by Brandi

## **FOUNDATIONAL SECULAR RESOURCES**

These key resources are posted in every SO 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 [secular.overeaters.community@gmail.com](mailto:secular.overeaters.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.

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