

November 2023 Secular Overeaters Community Newsletter

Welcome to the November 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

Seasonal Time Changes

For the next few weeks different countries and states will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#) for updates.

Secular Overeaters Community Survey and Recovery Chip!

Help the Secular Overeaters Community figure out what's working, what could be improved, and where we should focus next by taking this survey. Participants can get a special SO recovery chip! Start here: <https://bit.ly/SO-Survey23>

Due Midnight, Monday, January 15, 2024

EVENTS

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!

Secular Overeaters Alternative 12-Steps Discussion

Sunday, November 19 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 11. 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](#).

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

Podcasts

So many of us have found podcasts to be an essential resource in our recovery. They expand opportunities to learn from the stories of other members and provide important information and resources. The [Podcasts page](#) on secularovereaters.org

has a list of secular podcasts to listen to regularly, all of the Secular Overeaters Community podcasts (including recordings of events), and a curated list of “God Lite” podcasts—individual episodes of speakers who do not self-identify as atheist or agnostic, but whose shares are mostly God-free.

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](#).

50 Ways to Soothe Yourself Without Food

In this book, Susan Albers, Psy.D., has compiled a list of strategies and tips used by her clients who have found alternative ways to comfort themselves without food. Read more about it in the review by Georgie B on the secularovereaters.org <https://secularovereaters.org/so-book-recs/>.

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 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*)

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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