

January 2024 Secular Overeaters Community Newsletter

Welcome to the January 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

LAST CHANCE: Secular Overeaters Community Survey and Recovery Chip!

Happy New Year! Whether or not you indulge in new year's resolutions, please resolve to take the Secular Overeaters Community survey before it ends.

Participants can get a special SO recovery chip (see below)! Start here:

<https://bit.ly/SO-Survey23>

Due Midnight, Monday, January 15, 2024



UPCOMING EVENTS

Food Freedom Workshop

Saturdays, January 20-March 2 | 5AM PT/8AM ET/1PM UK (90 minutes)

The next round of our Food Freedom Workshop meets for seven consecutive Saturdays. Many of us have found this workshop helpful to eating rationally. We will

also form into small Recovery Circles and meet for an additional hour each of the seven weeks. To join, or if you have questions, please use this form:

<https://bit.ly/FFWorkshopJan20>

SERVICE

Lawyer(s) Needed!

Secular Overeaters has a goal to become a 501 (c) (3) entity in 2024, which would give us non-profit and tax-exempt status under the U.S. Internal Revenue Code.

This would make it easier for us to accept donations as well as giving our donors a tax write-off. We are hoping someone in our Community has experience in getting 501 (c) (3) status and would be willing to do this pro bono. We would pay for all requisite fees and provide any documentation needed. Contact us here:

<https://bit.ly/SO-Volunteer>

Writer(s) Needed for Website Project(s)

We want to add recent secular podcasts to our website. Maybe you'd be interested in doing a little research? Wordpress skills a plus, but training is available. Contact us here: <https://bit.ly/SO-Volunteer>

MEETINGS

SO Monthly Alternative Step Discussion Begins Its Fifth Year in 2024

Sunday, January 21 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us on the third Sunday of every month for an engaging discussion of eight sets of Steps. We have a new [Guide](#) this year with different insights, and we will be recording parts of the meetings. You don't need to be working the Step of the month to participate! Check [Meetings](#) for information.

WEBSITE HIGHLIGHT

Our Secular Stories

The [Secular Overeaters website](#) has a collection of "god-light" recovery stories from OA's *Lifeline* online magazine and also presents stories written exclusively for the SO website by secular members of OA. If you'd like to write up your own recovery story for the Secular Service Board's Secular Stories Project, here's the link for guidelines and submission:

<https://www.secularserviceboardofovereatersanonymous.org/stories>.

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](#).

[Turning Off The Tap: Overcoming The Real Reasons We Overeat \[Book\]](#)

This book by Sara Best was recommended on the Secular Overeaters private Facebook group. It's about how the brain drives habits like emotional eating and overeating and provides practical tools to help you reprogram and rewire those patterns.

[Palouse Mindfulness: Mindfulness-Based Stress Reduction \[Online Course\]](#)

This free self-guided course was recommended on the Secular Overeaters private Facebook group. Mindfulness-Based Stress Reduction is a blend of meditation, body awareness, and mindful movement.

NEW RECORDINGS

[Secular Overeaters Community Gathering #5 | Part 1: Updates | 27 min](#)

SO volunteers update the community on their service projects.

[Secular Overeaters Community Gathering #5 | Part 2: Avoiding Holiday Triggers | 7 min](#)

Member Alan leads the community through a quick exercise to help with holiday food triggers. The Trigger Inventory Management Exercise (TIME) form will help you identify compulsive food behavior triggers and possible fixes:

<https://bit.ly/SO-TriggerWorksheet>

[Secular Overeaters Community Gathering #5 | Part 3: Vera Tarman, MD | 62 min](#)

Dr. Vera Tarman, author of *Food Junkies*, talks about her journey and explains the science behind food addiction. Includes the "after party" discussion.

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: <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 [Deity-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/>

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, 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](#).

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