

February 2024 Secular Overeaters Community Newsletter

Welcome to the February 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

Thanks for filling out our survey!

We had 228 people respond, and we will start working on a report soon. In the meantime, we'll share a new statistic, chart, or table from the results every month. Here's the graph for our question about Food Behavior Struggles.

UPCOMING EVENTS

Secular Overeaters Workshop | Dialectical Behavioral Therapy Skills For Recovery
Sunday, March 10 | 9AM PT/Noon ET/5PM UK (60 minutes, Free)

Dialectical Behavior Therapy (DBT) helps people gain skills for managing emotions effectively. We will review DBT skills to manage addiction and learn how to: identify and accept our feelings, manage strong and overwhelming feelings, and take a pause before avoiding or responding. Prior registration required:

<https://forms.gle/8G6WNAK2oAgo1fGJ6>

SERVICE

Lawyer(s) Are Still 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 are a plus, but training is available. Contact us here: <https://bit.ly/SO-Volunteer>

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, February 18 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step Two. 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

Have you visited secularovereaters.org recently? This month we want to highlight [The Tools](#) section of the site. It has descriptions of nine tools that can be helpful in recovery: meetings, sponsorship, food plan, literature, meditation, exercise, fellowship, service, and action plan. Learn about these tools and while you are there, take some time to explore the rest of the site!

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](#).

[We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem](#)

This book, by Beth Aich (2021), is revolutionary in its suggested approach to working the Twelve Steps. The author's description of ego-trampled addicts coming into AA and being bombarded with more shame by being told they are selfish, self-centered, and egotistical hits home for many of our secular OA members. This book can provide us with an opportunity to deal with trauma, low self-esteem, and similar emotional conditions within the context of OA and enhance lasting recovery from food obsession. [Note: There is also an interview with the author on this [Beyond Belief Sobriety Podcast episode](#).] – Recommended by Martha H

[Overcoming Sugar Addiction with Mike Collins \[Podcast Episode\]](#)

This December 2022 episode of the Beyond Belief Sobriety Podcast features Mike Collins, the founder of sugaraddiction.com. He talks about his passion to help people overcome their addictions. Collins's website includes a free ebook, "The Last Resort Sugar Detox," and other resources. – Recommended by Elisabeth C

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)!