

March 2024 Secular Overeaters Community Newsletter

Welcome to the March 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.

GENERAL 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.

ANNOUNCEMENTS

Updating Meeting Descriptions

Meeting facilitators and hosts: Secular Overeaters will soon be sending out a form for you to fill out regarding your meeting descriptions so we can update our website listings. Look for an email from in your inbox.

Secular Overeaters 2023 Annual Report

Read our two-page annual report to find out what we were up to last year:
<https://bit.ly/SO-AnnualReport23>

Thanks for filling out our survey!

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question is: Do you consider yourself to be abstinent (either by your own definition or OA's—"refraining from compulsive eating and compulsive food behavior while working towards or maintaining a healthy body weight")?

<i>Self-reported Abstinence</i>	#	%
Yes	47	23.2%
Most of the time	70	34.5%
Some of the time	58	28.6%
No	28	13.8%

Grand Total	203	100.0%
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UPCOMING EVENTS

Secular Overeaters Workshop | Dialectical Behavioral Therapy Skills For Recovery

Sunday, March 10 | 9AM PT / Noon ET / 4PM 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>

Anatomy of Recovery Workshop | Are the Steps for You? Pros, Cons, and Alternatives

Sunday, March 24 | 9AM PT / Noon ET / 4PM UK (90 minutes, Free)

What you need to know in choosing a recovery program. Chia will lead this 90-minute workshop for anyone with questions about how to approach recovery or with objections to the step approach. Questions to rwbComments@gmail.com. Sign up by Saturday, March 23 at <https://forms.gle/1hrEJD7R9dKfaQt58>

Secular Overeaters Workshop | Accountability Buddies

Sunday, April 14 | 9AM PT / Noon ET / 5PM UK (60 minutes, Free)

Join this one-hour presentation to learn about the concept of Accountability Buddies, practice new skills, and get tips on how to find a buddy of your own. Having a buddy is a great way to get more secular support, especially if you don't have a sponsor yet or if you have a nonsecular sponsor. Register here BY MIDNIGHT, Saturday, April 13, for a reminder and the Zoom link:

<https://forms.gle/4RSusEggvVFSyFrc6>

SERVICE

Backup Delegate Needed at OA World Service Business Conference | May 7-11

We have a volunteer, but we need a backup who would be able to go to Albuquerque, NM, May 7–11, 2024, to represent the OA Secular Service Board. All expenses paid; one year of abstinence as you define it is required, and the OA service requirement is waived. Please contact oasecularserviceboard@gmail.com by March 19, 2024. To learn more about the OA Secular Service Board, see **Website Highlight** below.

Accountability Buddies Needed for Panel Workshop | April 14

The Secular Overeaters Workshop Team is preparing for the Sunday, April 14, Accountability Buddies Workshop (9AM PT/Noon ET/ 5PM UK). We're looking for people who haven't shared before to be part of a panel to speak for 4 minutes about their experiences (prompts provided). If interested, please fill out this form: <https://bit.ly/SO-WorkshopSpeaker>

Volunteer at Our Workshops!

We are looking for panelists, facilitators, and Zoom moderators for our Secular Overeaters events. If you're interested in being a panelist or creating your own workshop, fill out this form: <https://bit.ly/SO-WorkshopSpeaker>

If you're interested in helping with Zoom or being a facilitator who reads parts in a script, fill out this form: <https://bit.ly/SO-WorkshopHelper>

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>

Lawyer(s) 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, or at least talk us through the process. We would pay for all requisite fees and provide any documentation needed. Contact us here: <https://bit.ly/SO-Volunteer>

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, March 18 | 9AM PT/Noon ET/4PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step Three. 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. Outside of the USA? Please note the earlier time, due to the Seasonal Time Change in the USA.

WEBSITE HIGHLIGHT

Have you visited secularovereaters.org recently? Find out about **Service!** One area you can get involved in is the **Secular Service Board of Overeaters Anonymous**. They encourage all registered and non-registered OA meetings to send a meeting representative to attend their quarterly meetings. The Secular Service Board sends a member to the OA World Service Conventions, and they are gathering secular recovery stories for an official OA publication. Check their **website** for more information.

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](#).

Mindfulness

Go back to the source of the mindfulness movement. In her classic book *Mindfulness: Choice and Control in Everyday Life*, psychologist Ellen J. Langer summarizes her groundbreaking and insightful research into how the mind creates habits and obsessions. – Recommended by Brandi W

Food Junkies Podcast Episode with Anna Lembke

This episode (number 41, from October 8, 2021), features the medical director of Addiction Medicine at Stanford University School of Medicine. She discusses compulsive and addictive behaviors related to food and strategies for overcoming them. <https://foodjunkies.libsyn.com/episode-41> – Recommended by Alan

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 [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 time zone:

<https://secularovereaters.org/so-meeting-schedule/>

Podcasts

Look in your favorite app for these podcasts featuring awesome stories of 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.

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