

April 2024 Secular Overeaters Community Newsletter

Welcome to the April 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.

UPCOMING EVENTS

Secular Overeaters Accountability Buddy Workshop

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 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, April 13, for a reminder and the Zoom link:

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

SURVEY RESULTS

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question is: Currently, are you working (any version of) the Steps with a sponsor, sponsee, or on your own?

<i>Currently, are you working (any version of) the Steps with a sponsor, sponsee, or on your own?</i>	#	%
Yes	85	41.90%
I plan to, but I haven't started yet	43	21.20%
No, but I have worked through the Steps before	62	30.50%
I don't feel that doing the Steps is necessary for recovery	13	6.40%
Grand Total	203	100.00%

SERVICE OPPORTUNITIES

URGENT: 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>

Looking for an Experienced DBT Therapist to Help with Class

If you're an experienced DBT therapist interested in co-facilitating a new DBT class for secular overeaters, please contact Susan P. at spaulaphd@gmail.com. The class will meet on Thursdays, 7AM PT/10AM ET/3PM UK, starting April 4.

Volunteer at Our Workshops!

We are looking for panelists, facilitators, and Zoom moderators for our Secular Overeaters events. Our team is down to just two people, and we need help if we're to continue offering secular workshops to our community.

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>

MEETINGS/CLASSES

There are three new unregistered OA meetings/classes that use outside resources. Check the [meeting schedule](#) for Zoom links and more information.

Meeting: Mindfulness, Meditation, & Secular Buddhist SOA

Wednesdays | 4AM PT/7AM ET/11AM UK | 60 minutes

Rotating content.

Class: DBT Skills for Recovery

Thursdays | 7AM PT/10AM ET/3PM UK | 55 minutes

This 8-week class begins April 4 and will teach a new skill each Thursday for managing emotions that lead to compulsive eating. Zoom room locks at 5 minutes after the hour, so show up on time!

Meeting: Food Freedom Early Birds

Saturdays | 4AM PT/7AM ET/11AM UK | 60 minutes

Uses the [Food Freedom Manual](#) as a basis for discussion.

SO Monthly Alternative Step Discussion

Sunday, April 21 | 9AM PT/Noon ET/11AM UK (60 minutes)

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

NEW RECORDINGS

[Discussion of Alternative Versions of Step 1](#) | 27 min

[Discussion of Alternative Versions of Step 2](#) | 32 min

You may want to follow along with the [Discussion Guide, Version 2](#), which we use at the third Sunday of the month 2024 meetings as a basis for discussion.

[Secular Overeaters Dialectical Behavior Therapy \(DBT\) Workshop](#) | 67 min

Susan, a CBT and DBT therapist and member of OA, shares different techniques (e.g., RAIN, STOP, TIPP, ACCEPT, IMPROVE, and Alternate Rebellion) to help members mitigate compulsive food issues. Check [Managing Emotions](#) for more information. Susan is also starting an 8-week class; see Meetings/Classes above.

WEBSITE HIGHLIGHT

Managing Emotions

Visit the [Secular Overeaters website](#) to learn new skills for managing feelings that can lead to compulsive food behaviors using Dialectical Behavioral Therapy (DBT). DBT is a form of Cognitive Behavioral Therapy (CBT) that focuses on building skills for managing powerful emotions. Many people with compulsive food behaviors deal with their feelings by eating or restricting.

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](#).

[Waiting: A Nonbeliever's Higher Power](#)

In this book, Marya Hornbacher tells the story of her recovery from alcoholism and provides a framework for exploring the human spirit that is not based on a belief in God. – Recommended on the Secular Overeaters Facebook group

Secular OA Recovery Circle Organizational Questions

This document outlines questions that groups can consider when organizing a recovery circle or new meeting. Includes prompts for considering opening and closing routines, ground rules, absences, and more. - Recommended by Tamm

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 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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