

## May 2024 Secular Overeaters Community Newsletter

Welcome to the May 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

#### **Anatomy of Recovery Workshop | Using Big Feelings**

Sunday, May 26 | 9AM PT / Noon ET / 5PM UK (90 minutes, Free)

Don't just cope with your feelings, USE them! They are the richness in life and the path to liberation. The purpose of this 90-minute workshop is to understand the healing process and look for a listening partner if you choose.

Sign up by Saturday, May 25, at <https://forms.gle/biJb2jHzb938uBzv6>.

#### **Secular Overeaters Workshop | Recovery Circles**

Sunday, June 23 | 9AM PT / Noon ET / 5PM UK (75 minutes, Free)

Find out more about Recovery Circles (RCs), hear from established RC members, practice RC skills in breakout groups, and start to form your own RC at the workshop. Prior registration required: <https://forms.gle/JvMakYa5u7erkaAQ6>

### SURVEY RESULTS

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question is: To what extent do you agree or disagree with the following statement: Having SECULAR resources available is a key factor in my recovery and/or ability to work the OA program.

<i>11. Having SECULAR resources available is a key factor in my recovery and/or ability to work the OA program.</i>		
Strongly Agree	138	68.0%
Agree	51	25.0%
Neutral	11	5.0%
Disagree	2	1.0%

Strongly Disagree	1	1.0%
<b>Total</b>	<b>203</b>	<b>100.0%</b>

## SERVICE OPPORTUNITIES

### 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 going 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>

### Panelists Needed for Recovery Circle Workshop

We are looking for panelists who are currently in a Recovery Circle to speak for 4 minutes on a series of prompts during our Sunday, June 23 workshop (9AM PT / Noon ET / 5PM UK). If interested, please fill out this form:

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

## MEETINGS

### SO Monthly Alternative Step Discussion

Sunday, May 19 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

### Dialectical Behavioral Therapy (DBT) Class Recordings

Through May, SO is sponsoring a drop-in DBT class led by trained therapist Susan P. Check the [meeting schedule](#) for the Thursday listing with more details (7AM PT / 10AM ET / 3PM UK). The recordings are available on our website or on your local podcast app (follow The Secular Overeaters Podcast).

[Week 1 Recording](#) (4 April 2024) | Handouts: [The Wise Mind](#)

[Week 2 Recording](#) (10 April 2024) | Handouts: [Effectively](#)

[Week 3 Recording](#) (18 April 2024) | Handouts: [Check the Facts](#)

## **WEBSITE HIGHLIGHT**

### **Daily Inventories/Tenth Steps**

Some people find writing a daily inventory or Tenth Step to be an important part of their recovery practice. This page of the website has [seven short writing exercises](#) that can be used for Tenth Step work, which you can use any time and make part of your daily program (even if you haven't completed any of the Steps).

## **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](mailto:secularovereaters@gmail.com). You can find resources from past newsletters on the [Community Resources webpage](#).

### **[In the Realm of Hungry Ghosts: Close Encounters with Addiction](#)**

Doctor Gabor Maté writes about his experiences treating patients with addictions, including his own. Through case studies and scientific research he details his belief that addiction has roots in trauma of the past. – Recommended by Brandi W

### **[Recovery Dharma Mindful Eating Meetings](#)**

A community member recommends the Recovery Dharma mindful eating meetings. Here is a link to those meetings: <https://recoverydharma.org/meetings/>. Recommended by Claire F.

## **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](mailto: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](mailto: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](mailto: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***)

### **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](mailto: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](#).