

## June 2024 Secular Overeaters Community Newsletter

Welcome to the June 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 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>

#### Anatomy of Recovery Workshop | Plug the Gaps

Sunday, June 30 | 9AM PT / Noon ET / 5PM UK (60 minutes, Free)

How is your recovery doing? We will use a checklist of the changes in a person's life that constitute recovery to discover where you are strong and where you want to work some more. Sign up by Saturday, June 29 at

<https://forms.gle/BpfGdKChM4RnV5J99>. Questions to [rwbComments@gmail.com](mailto:rwbComments@gmail.com)

### SURVEY RESULTS

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question combines the results of two questions: #16. On average, how many SECULAR meetings (either official OA –or– SO unofficial/unregistered meetings, including "hybrid" meetings) do you attend each week? and #17. On average, how many TRADITIONAL OA meetings (where a deity is considered key to recovery) did you attend each week?

| 16. and 17. Comparing Types of Meetings and Attendance |    |       |
|--|----|-------|
| 0 Secular meetings/week, 0 Traditional meetings/week   | 16 | 8.0%  |
| 1-2 Secular, 0 Traditional                             | 55 | 27.0% |
| 3-4 Secular, 0 Traditional                             | 20 | 10.0% |
| 5+ Secular, 0 Traditional                              | 8  | 4.0%  |

|                              |            |               |
|------------------------------|------------|---------------|
| 0 Secular, 1-2 Traditional   | 11         | 5.0%          |
| 1-2 Secular, 1-2 Traditional | 63         | 31.0%         |
| 3-4 Secular, 1-2 Traditional | 5          | 2.0%          |
| 5+ Secular, 1-2 Traditional  | 3          | 2.0%          |
| 0 Secular, 3-4 Traditional   | 0          | 0.0%          |
| 1-2 Secular, 3-4 Traditional | 7          | 3.0%          |
| 3-4 Secular, 3-4 Traditional | 3          | 2.0%          |
| 5+ Secular, 3-4 Traditional  | 0          | 0.0%          |
| 0 Secular, +5 Traditional    | 3          | 2.0%          |
| 1-2 Secular, +5 Traditional  | 4          | 2.0%          |
| 3-4 Secular, +5 Traditional  | 1          | 0.0%          |
| 5+ Secular, +5 Traditional   | 4          | 2.0%          |
| <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>

### Do you use MailerLite?

We're looking to move from Gmail to MailerLite for our SO newsletter, but we don't know how to use it yet (the account is all set up)! Are there any members who could help with training? If so, email us at [secularovereaters@gmail.org](mailto:secularovereaters@gmail.org).

## MEETINGS

### SO Monthly Alternative Step Discussion

Sunday, June 16 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step Six. 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**

### **Alternative Step Monthly Discussion**

We are recording all the meetings this year and have just added these to our podcast:

**031724** | [Discussion of Alternative Versions of Step 3](#) | 45 min

**042124** | [Discussion of Alternative Versions of Step 4](#) | 42 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. A complete list of our Step recordings is available [here](#).

### **Dialectical Behavioral Therapy (DBT) Class Recordings**

SO just finished its first round of drop-in DBT classes led by trained therapist Susan P. Check the newsletter for an announcement of future classes. More recordings are available on our website or on your local podcast app (follow The Secular Overeaters Podcast).

[Week 4 Recording](#) (25 April 2024) | Handouts: [Problem Solving](#)

[Week 5 Recording](#) (5 May 2024) | Handouts: [Opposite Action](#)

[Week 6 Recording](#) (9 May 2024) | Handouts: [Dear Man](#)

## **WEBSITE HIGHLIGHT**

In addition to secular resources related to recovering from food and eating challenges, there is a wealth of secular literature to help guide recovery found in many other fellowships. Scroll down to [Other Secular Resources on this page](#) to find links to relevant organizations.

## **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](#).

### **[No Need to Know](#)**

This Lifeline article, from 2017, is by an OA member who has maintained a 95-pound weight loss for twenty years without adopting a belief in god. They wrote the article for athiests and agnostics who feel they don't belong in OA.

## **[Beyond Belief Sobriety Podcast Secular Overeaters Episode \[Podcast Episode\]](#)**

Discover how SO all began. Jenne M. and Jim D. discuss the origins, successes and difficulties of the Secular Overeaters movement. They describe their own personal journeys that led them to create our community. Also available on most podcast platforms.

### **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 [secular overeaters community@gmail.com](mailto:secular overeaters 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 [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](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](#).