



## JULY 2024 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the July Secular Overeaters Community Newsletter. We have upped our game and have moved on from Gmail and are now using this new format for our monthly newsletters! Although we did some testing, if anything seems off please send a screenshot to [secularovereaters@gmail.com](mailto:secularovereaters@gmail.com). Be sure to tell us your platform, too.

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, use the UNSUBSCRIBE link at the bottom. Newsletter submission guidelines are provided at the end of this email.

### ANNOUNCEMENTS

#### **7th Tradition: Have You Made a Donation to the Secular Service Board (SSB) of Overeaters Anonymous?**

The SSB is an official body of OA that serves the common needs of secular OA fellows. The Board is self-supporting and depends on contributions from members to cover expenses which include their website and OA conference fees. Please consider making a contribution this month to help support their work:

<https://www.secularserviceboardofovereatersanonymous.org/donate>

## UPCOMING EVENTS

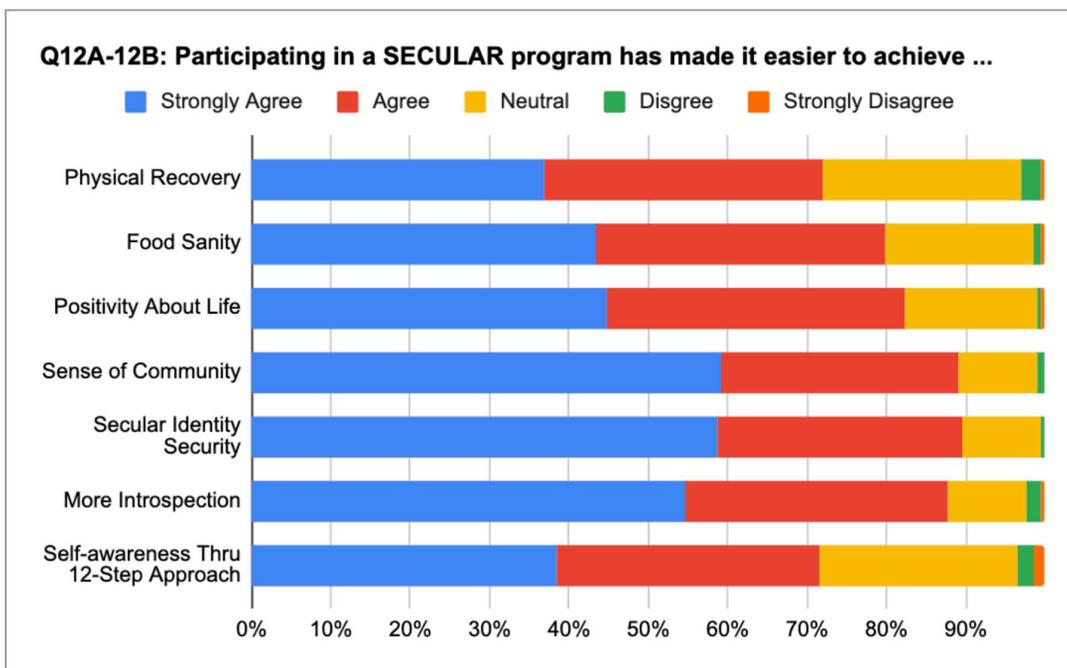
### Food Freedom Workshop

Sundays, July 14-September 2 | 4PM PT/7PM ET/12AM UK (90 minutes)

The next round of our Food Freedom Workshop meets for seven consecutive Sundays. Many of us have found this workshop helpful to eating rationally. We will also form small Recovery Circles and meet for an additional hour each of the seven weeks. To join, or if you have questions, please use this form: <https://bit.ly/FFWorkshopJan20>

## SURVEY RESULTS

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question (12A-12B) asks about how important having a secular program is to respondents' recovery.



## 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>

## MEETINGS

### **OA Saturday AM Atheist/Agnostic/Secular New Meeting Link**

Every Saturday | 8AM PT/11AM ET/4PM UK (60 minutes)

The Saturday AM Atheist/Agnostic/Secular meeting has a new Zoom room and meeting link. Join the meeting using Zoom Meeting ID: [886 9399 8043](#); Password: 1212. Check [SO Meetings](#) for information. The link is also available on the [OA Footsteps](#) and [OA](#) websites.

### **SO Monthly Alternative Step Discussion**

Sunday, July 21 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

### **Meetings**

Meetings are a key SO tool where members provide support to one another. On the website, you'll find a variety of resources, including a calendar of secular meetings, a calendar of all SO meetings, and practical, detailed information on how to start a new meeting (including scripts!). Go to [secularovereaters.org](https://secularovereaters.org) and hover over the "Meetings" heading in the banner to find the drop-down menu for these resources.

## 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](#).

### **You Just Might Be (Lifeline Article)**

The author turns recovery into humor in the style of redneck jokes. – Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers.

### **Feelings Wheel (website)**

Many of us aren't always sure about what we are feeling. This handy wheel can help pinpoint exactly what's going on (and that we're probably not hungry). It's useful for step work like Steps 4 or 10. Print a copy and keep it in your journal! <https://feelingswheel.app/> – Recommended at a Different Drummers meeting.



## **FOUNDATIONAL SECULAR RESOURCES**

Find out about [key resources](#) that will help you connect with other members and deepen your understanding of a secular approach to recovering from struggles with food and eating.

## **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](#).

**Secular Overeaters**

<https://secularovereaters.org>

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You received this email because you signed up on our website or attended one of our workshops.

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