



AUGUST 2024 SECULAR OVEREATERS COMMUNITY NEWSLETTER

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

ANNOUNCEMENTS

Updated Meeting Descriptions

Take a look at our updated meeting descriptions on the [SO website](#). We've added more detailed information about the meeting format when available; look for "More Info" at the bottom of the description. Maybe you'll find a meeting you really like that wasn't on your radar before.

EVENTS

Accountability Buddy Workshop for Secular Overeaters

Sunday, September 8 | 9AM PT/Noon ET/5PM UK | 1 Hour | 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, September 7, for a reminder and the Zoom link: <https://forms.gle/XxXfmWghuSM91vqW6>

SURVEY RESULTS

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question (18) asks about what you feel is important to you at secular meetings.

18. At the Secular Overeaters meetings you attend, do you feel it's important to have:	Checked % (#)
An organized meeting that runs smoothly	79% (160)
Meetings that explicitly discourage 'god' talk	74% (151)
Protocol for dealing with frequent Zoom disruptors	73% (148)
Flexibility during OA literature readings (e.g., meeting attendees are allowed to read OA literature WITH substitutions/omissions for terms like "god" and/or "higher power")	62% (126)
Regular rotation of meeting roles	49% (99)
No crosstalk	45% (91)
Regular business / group conscience meetings	44% (90)
Crosstalk or advice-giving if requested	35% (71)
*Other	12% (25)

SERVICE OPPORTUNITIES

Accountability Buddies Needed For Panel Workshop | September 8

The Secular Overeaters Workshop Team is preparing for the Sunday, September 8, 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>

Content Developers Needed For Website

SO needs help on some short-term projects for the website. If you're a writer/editor with or without web experience, let us know! Training is available. If you're interested, please fill out this form: <https://bit.ly/SO-Volunteer>

MEETINGS

New Meeting: Nuts and Bolts of Recovery

Tuesdays | 4PM PT/7PM ET/12AM UK | 60 minutes

A weekly meeting about the changes that constitute recovery. This is not a 12 Step meeting because we recognize that the 12 Steps are one of many possible methods to produce those changes. Come to report, commit, ask questions, explore answers. This meeting continues the work begun at the recent Plug the Gaps workshop. Zoom Meeting ID: [864 1478 2410](https://zoom.us/j/86414782410), password: nuts. For questions email nutsandboltsofrecovery@gmail.com

SO Monthly Alternative Step Discussion

Sunday, August 18 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

To get the recordings as soon as they're available, subscribe to The Secular Overeaters Podcast wherever you listen to your favorite shows.

Accountability Buddy Workshop | Recorded April 14, 2024

[SO Accountability Buddy Panel presentation](#) by four secular members: Shirley, Tamm, Jen, and Dewayana (22 minutes)

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 7 [Recording](#) (16 May 2024) | Handouts: [Radical Acceptance](#)

Week 8 [Recording](#) (23 May 2024) | Handouts: [Behavior Chain Analysis](#)

Recovery Circle Workshop | Recorded June 23, 2024

[Secular Overeaters Recovery Circle \(RC\) Workshop](#) with presenter Alan and four secular panelists: Christine, Claire, Janet, and Marv. Find out how to start your own RC! (36 minutes)

WEBSITE HIGHLIGHT

Book Recommendations

There are so many great books to help us on our path to recovery. Currently, there are nine book reviews on the [Book Recommendations page](#) written by people in the Secular Overeaters community. Help us expand this list by writing a recommendation of your own. Keep it short (5 paragraphs), and be sure to address how it has helped or is helping you with your recovery from compulsive food behaviors. Send submissions to secularovereaters@gmail.com.

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](#).

School Is Cool (Lifeline Article)

Enjoy some Back to School shopping to gather supplies for recovery. A new set of colored pens could be just the thing to reinvigorate a daily inventory. —Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

The DBT Solution for Emotional Eating: A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating, by Debra L. Safer, Sarah Adler, and Philip C. Masson (book)

Based in dialectical behavior therapy (DBT), this workbook offers a powerful pathway to change. This DBT program fits well into the steps and tools of OA and SO and has been proven in scientific studies to increase recovery from bingeing. —Recommended by Brandi W.

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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, 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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