



SEPTEMBER 2024 SECULAR OVEREATERS COMMUNITY NEWSLETTER

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

ANNOUNCEMENTS

Thank you for your donations to the Secular Service Board of Overeaters Anonymous!

In July we asked our community to consider making Seventh Tradition donations to the OA Secular Service Board, and they collected almost \$500. These funds will be used to cover website costs, fees for OA World Service Business Conference delegate attendance, and other necessities.

UPCOMING 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>

Save the Date: Community Gathering!

Sunday, November 10 | 9AM PT/Noon ET/5PM UK | 90 Minutes |

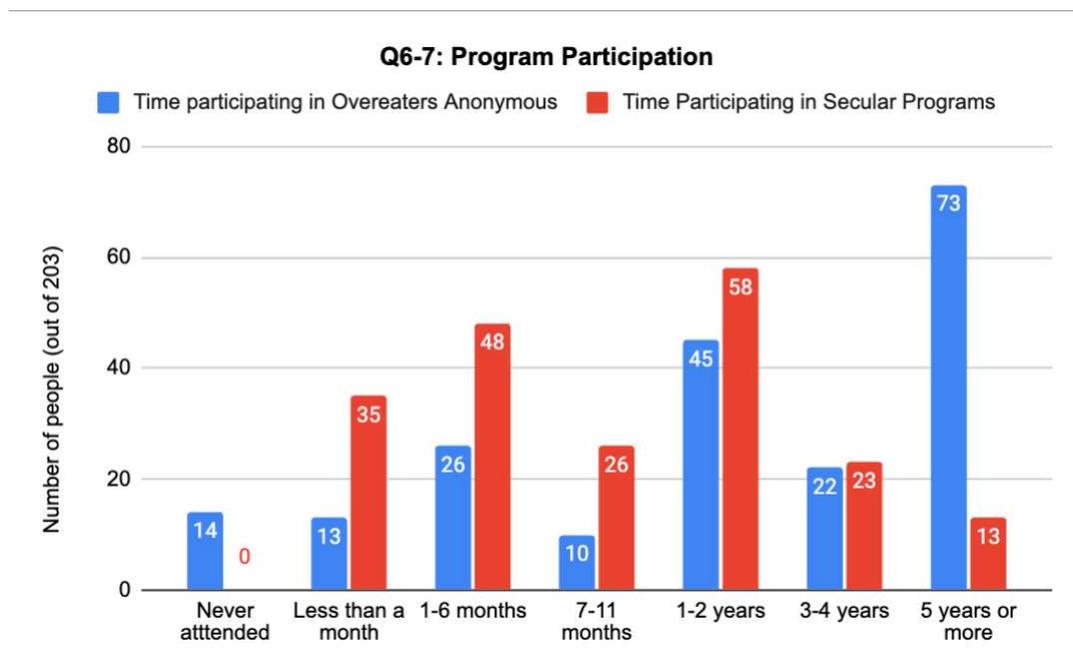
Free

Secular Overeaters (SO) is planning a Community Gathering on Zoom that will include SO updates, a recovery exercise, and speaker Serge Prengel (*The Proactive Twelve Steps* author). Look for registration information in the October newsletter and at your meetings.

SURVEY RESULTS

Each month we'll post a different result from the 2023 SO Community Survey (203 responses).

This month's questions are How Long Have You Participated in OA (Traditional) and How Long Have You Participated in Secular Programs. Everyone answered both questions (6 & 7).



SERVICE OPPORTUNITIES

Looking for Co-Leader for Weekly SO DBT Class

SO will be starting a weekly DBT Skills for Recovery meeting in September on Fridays at 10 am ET. Are there any therapists or behavioral health graduate students interested in co-leading the meeting? If so, please email Susan Paula at spaulaphd@gmail.com

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, September 15 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

Alternative Step Monthly Discussion

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

Discussion of Alternative Versions of Step 5 | 32 min

Discussion of Alternative Versions of Step 6 | 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. A complete list of our Step recordings is available [here](#).

WEBSITE HIGHLIGHT

Alternative Twelve Steps

Numerous alternatives to the traditional AA and OA Steps have been written over the years that are helpful to secular people seeking recovery. You can find many of them in the form of books, lists,

webpages, and podcasts, in one handy place on the [Alternative Twelve Steps page](#) of secularovereaters.org.

Do you have a version of the Twelve Steps that is meaningful to you? Please let us know at 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](#).

Translation for the Newcomer (Lifeline Article)

An atheist describes their struggles with traditional OA and their search for a higher power. Included are suggestions for sponsors working with a secular member.

—Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

Urge Surfing Meditation (video)

Urge surfing is a technique to resist compulsive behaviors by watching an urge rise and fall. With practice, urge surfing can be used any time a compulsion arises. —Recommended by Brandi W.

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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Secular Overeaters

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