



## OCTOBER 2024 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the October 2024 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

#### Seasonal Time Changes

At the end of the month different countries and states will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#) for updates.

### EVENTS

#### **Anatomy of Recovery Workshop | Step 6: Preparing for Change**

Sunday, October 13 | 9AM PT/Noon ET/5PM UK | 90 Minutes | Free  
We will organize our inventory and other observations into a useful format and extract a list of triggers and unmet needs as preparation for Step 7. Led by Chia. Bring your writings. Sign up at

<https://forms.gle/mbwad3zcvqd6d6zN6>. Send questions to [rwbComments@gmail.com](mailto:rwbComments@gmail.com)

### **Food Freedom Workshop**

Sunday, October 27 | 7AM PT/10AM ET/2PM UK\* | 90 Minutes, 8 Weeks

The next round of our Food Freedom Workshop meets for eight 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 eight weeks. To join, or if you have questions, please use this form: <https://forms.gle/xGaCfdrQk2ZFokbt8>

\*Starting in November, once the seasonal time changes settle, the workshop start time for the UK will be 3PM.

### **Secular Overeaters Community Gathering**

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

Find out more about the Secular Overeaters Community, engage in a DBT recovery exercise to set you up for success before the holiday season begins, and hear from speaker Serge Prengel (psychotherapist and author of *The Proactive 12 Steps*). Register here BY MIDNIGHT, Saturday, November 9, for a reminder and the Zoom link:

<https://forms.gle/Xd93LHzkDxDXQrUL9>

## **SURVEY RESULTS**

Each month we'll post a different result from the 2023 SO Community Survey (203 responses). This month's question is Q5. Which statement best describes how you are working on your compulsive food behaviors?

<i>5. Which statement below best describes how you are working on your compulsive food behaviors?</i>	<b>#</b>	<b>%</b>
I am ONLY participating in Secular Overeaters (SO).	59	29.0%
I am ONLY participating in secular Overeaters Anonymous (OA).	14	7.0%
I am participating in BOTH Secular Overeaters (SO) and either secular or traditional Overeaters Anonymous (OA).	130	64.0%
<b>Total</b>	<b>203</b>	<b>100.0%</b>

## SERVICE OPPORTUNITIES

### **Zoom Moderator and Secretary Volunteers Needed for the SO Alternative 12-Steps Discussion Meeting**

We need a Zoom moderator (screenshare, post in the Chat) and secretary (read from a script); training is available. This would be a monthly commitment on the third Sunday of the month (9AM PT/ Noon ET/ 5PM UK). We have met for five years, and with help, we can continue in 2025! Come to our next discussion on October 20, and stay for the business meeting or contact us at: [secularovereaters@gmail.org](mailto:secularovereaters@gmail.org)

### **OA Secular Service Board Openings**

The OA Secular Service Board has two openings for the December election: Vice Chair and Secretary. This is the official voice of secular folks in OA. For more information:

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

Candidates must have six months of self-defined abstinence. If you are interested, please email: [oasecularserviceboard@gmail.com](mailto:oasecularserviceboard@gmail.com)

## MEETINGS

### **Class: DBT Skills for Recovery**

Fridays | 7AM PT/10AM ET/3PM UK | 55 Minutes

This ongoing class will teach a new skill each Friday for managing emotions that lead to compulsive eating. All are welcome and there's no need to sign up for the class or to come every week. Zoom room locks at 5 minutes after the hour, so show up on time! The link for the meeting can be found here: <https://secularovereaters.org/so-meetings/>

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

Sunday, October 20 | 9AM PT/Noon ET/5PM UK | 60 Minutes

Join us for an engaging discussion of eight versions of Step Ten. 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 HIGHLIGHTS

## **Sponsor Information**

The [Finding a Sponsor page](#) not only includes information about how to find a sponsor, it also provides information on how sponsorship works and interview questions to help you determine if a particular sponsor is right for you. As a bonus, be sure to check out the recording of the “Sponsor Ask-It Basket Workshop” that is linked from the page.

## **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](#).

### **Until I Could (*Lifeline Article*)**

A woman writes about being anorexic and lesbian and being accepted by OA. —Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers.

### **Huberman Lab podcast: Dr. Zachary Knight: The Science of Hunger & Medications to Combat Obesity (video)**

Andrew Huberman interviews a scientist on hunger, cravings, dopamine, and medical interventions. —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](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>

[hello@secularovereaters.org](mailto:hello@secularovereaters.org)



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