



NOVEMBER 2024 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the November 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 beginning 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

Secular Overeaters Community Gathering

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

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've posted a different result from the 2023 SO Community Survey (203 responses). This month's final question (8A) asks about which SO or OA services, opportunities, and/or resources have been helpful to the respondents' recovery and/or abstinence.

8A. Currently, which of the following SO or OA services / opportunities / resources have been helpful in your recovery / abstinence?	SO Only % (#)	Both % (#)	*OA Only % (#)	Neither % (#)	Total % (#)
Website	42% (85)	42% (85)	6% (13)	10% (20)	100% (203)
Meetings	35% (70)	50% (102)	12% (25)	3% (6)	100% (203)
Sponsor (I have one)	17% (35)	5% (9)	30% (61)	48% (98)	100% (203)
Sponsor (I am one)	8% (17)	5% (8)	10% (21)	77% (157)	100% (203)
Service at meetings	23% (46)	20% (41)	21% (42)	36% (74)	100% (203)
Working the 12 Steps	25% (52)	21% (42)	22% (44)	32% (65)	100% (203)
Following the 12 Traditions	20% (40)	17% (35)	20% (40)	43% (88)	100% (203)
Accountability Buddy/Recovery Partner	31% (64)	5% (10)	13% (26)	51% (103)	100% (203)
Recovery Circle	25% (50)	2% (5)	3% (6)	70% (142)	100% (203)

SERVICE OPPORTUNITIES

OA Secular Service Board Openings

The OA Secular Service Board has a Vice Chair opening for the December election. 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

Secular Overeaters

We need volunteers to: help run the monthly Alternative Step Discussion meeting (third Sunday of the month); develop content for the Website; and provide support for our Workshop team (Panelists and Zoom and MC skills). If you're ready to give service, please fill out this form: <https://bit.ly/SO-Volunteer>

MEETINGS

New Meeting: Secular Sanity

Wednesdays | 7AM PT/10AM ET/3PM UK

This is a registered OA meeting. Check [Meetings](#) for link and more information.

New Meeting: Secular Men

Tuesdays Starting November 12 | 7AM PT/10AM ET/3PM UK

This is a registered OA meeting. Check [Meetings](#) for link and more information.

SO Monthly Alternative Step Discussion

Sunday, November 17 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

Podcasts

So many of us have found podcasts to be an essential resource in our recovery. They expand opportunities to learn from the stories of other members and provide important information and resources. The [Podcasts page](#) on secularovereaters.org has a list of secular podcasts to listen to regularly, all of the Secular Overeaters Community podcasts (including recordings of events), and a curated list of "God Lite" podcasts—individual episodes of speakers who do not self-identify as atheist or agnostic, but whose shares are mostly God-free.

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](#).

[Awe: The New Science of Everyday Wonder and How It Can Transform Your Life \(book\)](#)

Professor of psychology Dacher Keltner investigates the science of

wonder and amazement and describes how we can increase our appreciation for the natural world and for our own human nature. It partners nicely with making gratitude lists! —Recommended by SO volunteers



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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