



DECEMBER 2024 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the December 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.

SURVEY RESULTS

It's taken almost a year, but we now have the final results of the 2024 Secular Overeaters Community Survey. We'll be using these findings to help guide us with future projects. Thanks to all who participated!

2024 SO Community Survey Executive Summary (PDF, 2 pages)

<https://bit.ly/SO-Survey2024Summary>

2024 SO Community Survey Results (Google doc, 55 pages)

<https://bit.ly/SO-SurveyResults2024>

UPCOMING EVENTS

Accountability Buddy Workshop for Secular Overeaters

Sunday, January 26, 2025 | 9AM PT/Noon ET/5PM UK

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, Jan 25, for a reminder and the Zoom link: <https://forms.gle/kFeNaiGVN1JgNzMz7>

NEW RECORDINGS

Secular Overeaters Community Gathering

Here are two recordings from the Gathering held on November 10:

Holiday Food Plan, presented by Susan P., who goes over her own action plan for a holiday, following this [handout](#) (11 minutes).

Serge Prengel, psychotherapist and author of *The Proactive Twelve Steps*, talks about willpower, god, cravings, and pausing (44 minutes).

SERVICE OPPORTUNITIES

Accountability Buddies Needed for Panel Workshop

The Secular Overeaters Workshop Team is preparing for the Sunday, January 26, 2025, 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>

Volunteers Needed for Secular Overeaters Service

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

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

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" from June 2022 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. You can find resources from past newsletters on the [Community Resources webpage](#).

R.A.I.N. Meditation (Website)

A meditation format to identify and overcome anxiety. – Recommended by Susan

The Addicted Mind, Episode 35: Food Addiction & The Hunger Fix

(Podcast)

This podcast episode discusses food addiction, brain chemistry, and childhood trauma. – Recommended by Brandi

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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.

SUBSCRIBE TO THIS NEWSLETTER

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Secular Overeaters

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