



## JANUARY 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the January 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.

**Happy New Year.** Whether you are committing to abstinence for the first time or renewing an existing commitment, you will find understanding, strength, and support in our community. Compulsive overeating brought us here and healing binds us together. We invite you to join us in a year of recovery. Together we get better.

### 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, January 25, for a reminder and the Zoom link: <https://forms.gle/kFeNaiGVN1JqNzMz7>

## NEW RECORDINGS

**Discussion of Alternative Versions of Step 9 | 31 min**

**Discussion of Alternative Versions of Step 10 | 19 min**

You may want to follow along with the **Discussion Guide** which we use at the third Sunday of the month meeting as a basis for discussion.

## SERVICE OPPORTUNITIES

### **Accountability Buddies Needed for Panel Workshop**

The Secular Overeaters Workshop Team is preparing for the Sunday, January 26, 2025 Accountability Buddy 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, January 19 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step One, and you can follow along using our [Guide](#).

You don't need to be working the Step of the month to participate!

Check [Meetings](#) for information. We are also looking for secretaries (to read the script) and Zoom hosts; contact Dina for more information ([dina@michk.org](mailto:dina@michk.org)).

## **WEBSITE HIGHLIGHT**

### **Our Secular Stories**

The [Secular Overeaters website](#) has a collection of “god-light” recovery stories from OA's *Lifeline* online magazine and also presents stories written exclusively for the SO website by secular members of OA. If you'd like to write up your own recovery story for the Secular Service Board's Secular Stories Project, here's the link for guidelines and submission:

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

## **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](#).

### **Should I Quit? (*Lifeline* Article)**

A member's weight loss stalls and she decides to leave OA at the end of the service term, only to find a surprise lesson. — Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

### **Habit Change Strategies Reviewed (Website)**

Add something to your action plan for the new year. An addiction doctor explains four strategies to change addictive behaviors and why

willpower fails. — Recommended by Brandi



## **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**

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>

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