



## FEBRUARY 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the February 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.

**Have you noticed** the returning of the light? Or are you entering the dog days of summer? Wherever you are on the globe, February marks the beginning of the end of the season. Nature is planning for the changes that will come. Have you made a recovery plan? We secular recovering overeaters have many resources for discovering new tools to add to our plan. Peruse the newsletter or browse through the website ([www.secularovereaters.org](http://www.secularovereaters.org)) for something new that could spark an evolution in your recovery journey.

### UPCOMING EVENTS

#### **Recovery Circle Workshop for Secular Overeaters**

Sunday, April 13 | 9AM PT/Noon ET/5PM UK (75 minutes, Free)

Find out more about Recovery Circles (RCs), hear from established RC members, practice RC skills in breakout groups, and start to form your

own RC at the workshop. Register here BY MIDNIGHT, Saturday, April 12:  
<https://forms.gle/xJ5Nnno8oiRsJwZu5>

## NEW RECORDINGS

### OA Atheist Agnostic Secular Saturday Meeting Podcast

In this episode from OA Foot Steps, **Erica S** describes how she works each step in a secular way to achieve a strong recovery (19 minutes).  
Subscribe on SoundCloud, iTunes, or your favorite platform.

## SERVICE OPPORTUNITIES

### 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 emcee skills). If you're ready to give service, please fill out this form: <https://bit.ly/SO-Volunteer>

## MEETINGS

### SO Monthly Alternative Step Discussion

Sunday, February 16 | 9AM PT/Noon ET/5PM UK (60 minutes)  
Join us for an engaging discussion of eight versions of Step Two, 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

Have you visited [secularovereaters.org](http://secularovereaters.org) recently? This month we want to highlight **The Tools** section of the site. It has descriptions of nine tools that can be helpful in recovery: meetings, sponsorship, food plan, literature, meditation, exercise, fellowship, service, and action plan. Learn about these tools and while you are there, take some time to explore the rest of the site!

## 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](#).

### **Situation-Specific (OA Lifeline Article)**

A member plans for success by analyzing the past to develop plans for specific situations that are difficult for their recovery.—Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

### **DBT Solution for Emotional Eating Worksheets (Worksheets)**

These free pdf pages accompany the book *The DBT Solution for Emotional Eating*. The worksheets include a diary of behaviors and emotions, a behavioral chain analysis, and forms to develop plans for common triggers. Detailed instructions and examples are listed in the book.—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](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)



You received this email because you signed up on our website or attended one of our workshops.

[Unsubscribe](#)