



## MARCH 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the March 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.

### ANNOUNCEMENT

#### Seasonal Time Changes

Heads up! For the next few weeks different countries and US states will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#), which automatically adjusts to your time zone, to confirm meeting start times.

### UPCOMING EVENTS

#### Food Freedom Workshop

Sundays starting March 9 | 8AM PT/11AM ET/4PM UK (90 minutes, Free)  
Meets for eight Sundays (not all consecutive): 3/9, 3/16, 3/23, 3/30, 4/6, 4/27, 5/4, & 5/18

Many participants have reported favorable impacts in their recovery/compulsive eating from attending these Workshops. We will also form small Recovery Circles (RCs) and meet for an additional hour at a mutually convenient time during each of the eight weeks. Weekly time commitment: 1.5-hr workshop + 1 hr RC meeting. To join, or if you have questions, please use this form:

<https://forms.gle/WajTU3hPAkkuXa7h9>

### **Secular Overeaters Workshop | Recovery Circles**

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>

## **SERVICE OPPORTUNITIES**

### **Volunteers Needed for Secular Overeaters Service**

We need volunteers to develop content for the Website. If you're ready to give service, please fill out this form: <https://bit.ly/SO-Volunteer>

## **MEETINGS**

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

Sunday, March 16 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step Three, and follow along using our [Guide](#). You don't need to be working the Step of the month to participate! Check [Meetings](#) for information.

## **NEW RECORDINGS**

### **OA Atheist Agnostic Secular Saturday Meeting Podcast**

In this episode from OA Foot Steps, [Mark V](#) takes listeners through his

recovery in traditional and secular Overeaters Anonymous (19 minutes).  
Subscribe on SoundCloud, iTunes, or your favorite platform.

## WEBSITE HIGHLIGHT

### **Our Stories**

Reading stories by others in the Secular Overeaters community can be helpful no matter where we are in our own journeys. The [Our Stories page](#) has stories that were previously printed in the *OA Lifeline* magazine as well as SO exclusives! Read these stories to learn and be inspired, and consider submitting your own.

## 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](#).

### **Yuka (App)**

A member from the Monday Pacific Coast Freethinkers meeting posted that she uses the free Yuka app to help her make better food choices. By scanning the product barcode before putting the item in her shopping cart, the app explains what the positives and negatives of each food product are. —Recommended by a Member

### **Food Junkies Episode 214: Dr. Kim Dennis - The Future of Ultra-Processed Food Use Disorder & Eating Disorder Treatment** **(podcast)**

A psychiatrist discusses the evolving understanding of Ultra-Processed Food Use Disorder (UPFUD) and its intersection with psychiatry, eating disorders, trauma, and harm reduction approaches.— 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.

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