



## APRIL 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the April 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.

### UPCOMING EVENTS

#### **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>

#### **I Am Not An Outside Issue: BIPOC Event**

Saturday, April 19 | Noon PT/3PM ET/8PM UK (90 minutes, Free)

Black, Indigenous and People of Color (BIPOC) in OA have invited everyone in the Secular OA community (BIPOC and non-BIPOC) to join them on Zoom at their I Am Not An Outside Issue event (Zoom ID: 964

629 2390, Password: 2CRYTHM). Check their website for more information: <https://www.bipocoa.org/>.

## MEETINGS

### SO Monthly Alternative Step Discussion

Sunday, April 20 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

### Food and Feelings: Literature-Focused Meeting

Wednesdays | 5PM PT/8PM ET/1AM UK (60 minutes)

Freethinker meeting with rotating topics and literature discussion. All are welcome: atheist, agnostic, spiritual, questioning, and religious. This is an unregistered OA meeting and may use outside literature and Steps. Check [Meetings](#) for information.

### Different Drummers Meeting Ends

Saturdays | 9AM PT/Noon ET/5PM UK (60 minutes)

The Saturday Secular Overeaters Different Drummers meeting has come to its conclusion after many years of fellowship and recovery. Check [Meetings](#) for a list of current secular meetings available on Saturdays.

## NEW RECORDINGS

### OA Atheist Agnostic Secular Saturday Meeting Podcast

In this episode from OA Foot Steps, [Brandi W](#) details her decision to incorporate medical assistance into a successful, balanced recovery (19 minutes). Subscribe on Spotify, iTunes, or your favorite platform.

## WEBSITE HIGHLIGHT

### Start a Meeting

Do you wish there was a meeting at a particular time or on a particular topic? Visit the [Secular Overeaters website](#) for step-by-step instructions on starting an SO meeting and applying for a free Zoom room. Service can help others and keep your recovery strong.

## 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](#).

### **A Change of Purpose (Lifeline Article)**

An OA member describes their journey to understanding that recovery is about abstinence, not weight loss. —Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

### **Palouse Mindfulness: Mindfulness-Based Stress Reduction (online course)**

This free self-guided course was recommended on the Secular Overeaters Facebook group. Mindfulness-Based Stress Reduction is a blend of meditation, body awareness, and mindful movement. [www.palousemindfulness.com](http://www.palousemindfulness.com)



## 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](#)