



MAY 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the May 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.

ANNOUNCEMENTS

Secular Overeaters 2024 Annual Report

Read our two-page [annual report](#) to find out what we were up to last year and how we spent your donations!

Host Code Changes Coming Soon

SO will be changing Zoom room host codes in June. If you are listed as a host/co-host for a meeting, you will be receiving an email with detailed information in May. Check your emails!

UPCOMING EVENT

Anatomy of Recovery Workshop | Understanding Recovery: The Big Picture to the Small

Sunday, May 25 | 9AM PT/Noon ET/5PM UK (90 minutes, Free)

Where do Steps and alternative Steps fit in recovery? Can I ignore advice I don't like? Is therapy part of recovery? Sign up by Saturday, May 24 at <https://forms.gle/7x4z6F12V5dPWpxm9> Questions to rwbComments@gmail.com.

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, May 18 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

German and Spanish Language Secular Meetings

The SO community includes global membership and currently offers meetings in German on Tuesdays and Saturdays and in Spanish on Mondays. Check [Meetings](#) for information.

WEBSITE HIGHLIGHT

Daily Inventories/Tenth Steps

Some people find writing a daily inventory or Tenth Step to be an important part of their recovery practice. This page of the website has [eight short writing exercises](#) that can be used for Tenth Step work, which you can use any time and make part of your daily program (even if you haven't completed any of the Steps).

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](#).

Clear Intentions (Lifeline article)

An OA member explains how they relate to traditional OA as a secular member and how they work each of the Steps without a deity. Recommended on the list of Deity-Free OA Lifeline Stories, curated by SO volunteers

OA Big Book Study Part 5/9, Steps 2 & 3 (audio recording on YouTube)

In this inspiring recording, Lawrie C looks at the Big Book of Alcoholics Anonymous from his perspective as an agnostic in OA and describes how he came to discover his non-dietary higher power. This recording includes reading of the Big Book without any language changes.



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.

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