



JUNE 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the June 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

Good News for Secular OA Community at OA World Service Business Conference

The World Service Business Conference of 2025 took place on May 4-10, and there were some major wins for the secular OA community!

The World Service Business Conference of 2025 took place on May 4-10, and there were some major wins for the secular OA community!

The Secular Service Board of OA had a motion to amend OA's "Unity with Diversity" policy. After much debate and amendments throughout the week, it finally passed with a majority vote! The following statement will be added to the policy's third paragraph: "For example, this means

we do not try to convince any member or visitor to adopt a belief in God.”

This is a huge win, since there's a big problem with OA members proselytizing atheists and agnostics, which can result in the secular members leaving meetings and never finding recovery. The debate and conversations regarding the topic truly put the issue in the spotlight, hopefully making the 200 conference attendees better understand the secular members' perspective so that they will pass that knowledge on to their service bodies and spread the word.

For the second time, the Secular Service Board of OA had a proposal for a secular stories book or booklet up for a vote in the Literature Committee. Unfortunately, this project wasn't adopted; but the vote was close. (The collection of stories is available on our website at <https://www.secularserviceboardofovereatersanonymous.org/stories>.) A different proposal for secular literature from another unknown service body did pass. Therefore, a subcommittee was formed to develop a Secular Daily Reader during 2025-26. This is also great news as we all know conference-approved literature with secular content is scarce! Keep an eye on oa.org; there might be calls for content coming soon.

Read more from the conference: [Agenda Completed with Time to Spare: World Service Business Conference 2025 Results - Overeaters Anonymous](#)

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 should have received an email with detailed information in May. Check your emails! For more information, email: secularovereaters@gmail.com

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, June 15 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

Tuesday Secular Support Meeting

Every Tuesday | 11AM PT/2PM ET/7PM UK (60 minutes)

We will be starting a new book, *In Defense of Food* by Michael Pollan. Reading will be screen- shared. The format is reading followed by sharing. Check [Meetings](#) for information.

SERVICE OPPORTUNITIES

Accountability Buddies Needed For Panel Workshop

The Secular Overeaters Workshop Team is preparing for the Sunday, September 28, 2025 Accountability Buddies Workshop (9am PT/11AM CT/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>

WEBSITE HIGHLIGHT

Recovery can be more effective and fun when it's shared with a pal. The Workshop Team will be presenting the Accountability Buddy Workshop mentioned above on September 28, but in the meantime, visit our page at <https://secularovereaters.org/accountability-buddies/> for recordings of prior workshops as well as handouts and advice on how to find an Accountability Buddy.

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](#).

First Aid (OA Lifeline article)

An OA member recounts a difficult day and how they applied the 12

Steps to maintain abstinence no matter what. Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

Dopamine Nation: Finding Balance in the Age of Indulgence (book)

In this book, psychiatrist Anna Lembke explains how dopamine works in the brain, how the pursuit of pleasure leads to pain, and what this all means for people suffering from addictions. —Recommended on the Secular Overeaters Facebook Group

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>

hello@secularovereaters.org



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

[Unsubscribe](#)