



JULY 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the July 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

Caution: Zoom Meetings and AI

Zoom has added an AI recording feature (AI companion). This is NOT turned on for meetings hosted by Secular Overeaters Zoom accounts. However, it could be enabled by others, including OA Intergroups, who have a Zoom Pro or Business account.

With the new Zoom AI feature, meetings can be summarized (there are other functions too). The person who hosts the Zoom account will have a detailed record of what was said in the meeting, and it may be available to all the participants in a download after the meeting. Privacy and anonymity are fundamental principles of 12-Step programs. We recommend that hosts disable the AI function, and any record function,

unless all meeting participants have given their full and informed permission. See image below for more information.

If you see this icon at the top right of your screen, AI has been enabled.

AI Companion features have been enabled in this meeting. Below you can see the content accessed by the features in this meeting.

[Learn more](#) about how your data is used.

- Meeting questions
Transcript | User inputs
- Meeting summary
Transcript | Screen share | Meeting group chat

[Ask host to stop AI Companion features](#)

EVENTS

Accountability Buddy Workshop for Secular Overeaters

Sunday, September 28, 2025 | 9AM PT/11AM CT/Noon ET/5PM UK

Join this one-hour presentation to learn about the concept of Accountability Buddies, practice new skills, and get tips on how to find one of your own. A buddy is a great way to get more secular OA support, especially if you don't have a sponsor yet or if you have a nonsecular sponsor. Register here BY MIDNIGHT, Saturday, September 27, for a reminder and the Zoom link: <https://forms.gle/FA4iHbHerKvnZMZA6>

MEETINGS

SO Monthly Alternative Step Discussion

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

Join us for an engaging discussion of eight versions of Step Seven, and

follow along using our **Guide**. You don't need to be working the Step of the month to participate! Check **Meetings** for information.

Friday DBT Skills for Recovery Class

Fridays | 7AM PT/10AM ET/3PM UK (60 minutes)

A member highly recommends the weekly Friday DBT (Dialectical Behavior Therapy) Skills for Recovery Class. She says, "I have learned so many options to help me with my emotional eating. When I find myself in front of the fridge, I turn to one of the many DBT exercises the leader provides. I am often able to write my way through my issues instead of picking up the food. The Opposite Action exercise is my favorite and works better for me than trying to 12-Step a problem!" Check the **DBT: Managing Emotions** page for recordings and worksheets.

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

In addition to secular resources related to recovering from food and eating challenges, there is a wealth of secular literature to help guide recovery found in many other fellowships. Scroll down to **Other Secular Resources on this page** to find links to relevant organizations

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**.

Feeling Intentional (OA Lifeline article)

An OA member describes how they pick up a pen instead of food to manage self-care and assessing the physical, emotional, and spiritual needs for the day. —Recommended on the list of **Deity-Free OA Lifeline Stories**, curated by SO volunteers

Fat Science Podcast: The Science of Appetite (podcast)

A metabolism doctor explains the appetite and why some people are always hungry. Strategies are discussed to correct appetite problems. Available on Apple, Amazon, Spotify, and YouTube. —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, 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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