



SEPTEMBER 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

*Welcome to the September Community Newsletter. September brings changing weather and, for students in the Northern Hemisphere, a return to school. Take advantage of back-to-school sales to get a new journal, fun colored pens, or a binder for notes on your **Food Freedom Manual**. A new session of the Food Freedom Workshop starts this month. See the Events section below to register.*

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. We'd love to hear from you; newsletter submission guidelines are provided at the end of this email.

If you would like to be removed from the list, use the UNSUBSCRIBE link at the bottom.

EVENTS

Food Freedom Workshop

Sundays starting September 7, 2025 | 8AM PT/10 AM CT/11AM ET/4PM UK (90 minutes)

The next Food Freedom Workshop will run for eight weeks starting Sunday, September 7, and ending Sunday, November 2 (no meeting September 28). Many participants have reported favorable impacts in

their recovery/compulsive eating from attending these workshops. Participants will join a Recovery Circle (RC), which will meet at a mutually convenient time during the week. To register or for additional information, please use the following form:

<https://forms.gle/mqNn7qm1HhQeAuup7>

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 a buddy of your own. Having a buddy is a great way to get more 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>

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>

MEETINGS

SO Monthly Alternative Step Discussion

Sunday, September 21, 2025 | 9AM PT/11AM CT/Noon ET/5PM UK (60 minutes) Join us for an engaging discussion of eight versions of Step Nine, and follow along using our You don't need to be working the Step of the month to participate! Check for information.

New Meeting: Secular H.O.W. Recovery

Mondays | 4PM PT/6 PM CT/7PM ET/Midnight UK (75 minutes)

This meeting combines two elements: OA/H.O.W., with its more rigorous use of the Tools; and Secular Overeaters, with its nonreligious language and philosophy. This meeting uses both OA-approved literature and a

variety of secular 12-Step literature from the Secular Overeaters website. Check **Meetings** for information.



Art by Brandi W

NEW RECORDINGS

We're a bit behind with editing, but you can finally listen to recordings of two our workshops from earlier this year. To get the recordings as soon as they're available, subscribe to the Secular Overeaters Podcast wherever you listen to your favorite shows.

Accountability Buddy Workshop | January 26, 2025

Secular Overeaters Accountability Buddy Workshop with panelists James, Jan, Marv, and Lili (26 minutes). Download information (pdf, 1 page): <https://bit.ly/SO-AccountabilityBuddyInfo2022>

Recovery Circle Workshop | April 13, 2025

Presenter Alan introduces the concept, and three secular panelists (Bill, Cassie, and Lynn) share their Recovery Circle experiences (33 minutes). Download information (pdf, 3 pages): <https://bit.ly/SO-RecoveryCircleInfo2025>

OVEREATERS' TOOL

Exercise

Many people in recovery incorporate exercise as a powerful tool for overcoming compulsion. Physical movement can increase dopamine levels and decrease stress. While some may enjoy fitness classes, less formal exercise can be worked in throughout the day and week. A step

tracker can turn each day into a race for a high score. Family and friends can join in to make exercise more fun. Find other ways to incorporate movement at this link (feel free to ignore the ads):

<https://www.nerdfitness.com/blog/25-ways-to-exercise-without...>

ENGAGING WITH READINGS

“I Gained Weight after Bariatric Surgery, and I Am Neurodivergent. I Just Celebrated 90 Days of Abstinence in OA”

In this deity-free *Lifeline* [article](#), an OA member recalls her medical journey before finding the program and OA's inclusivity of neurodiversity in recovery. After you've read it, feel free to use our prompts for writing, meditating, or discussion.

- Many traditional as well as secular recovery resources encourage both physical and mental health care in recovery, and encourage seeking professional help if needed. Do you think there is room for compulsive eaters to incorporate medical intervention into an OA or Secular Overeaters recovery?
- Have you tried any medical interventions for weight management? If so, for how long? How did they work for you?
- Where have you found your tribe in OA or Secular Overeaters?
- Do you prefer online or in-person meetings? Why?

WEBSITE HIGHLIGHT

Service

Doing service is one of the tenets of 12-Step communities. It can aid your recovery by getting you to meetings, helping you feel like part of the group, or teaching you a new skill. Let the [SO Service page](#) inspire you to incorporate service into your recovery at any level.

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](#).

Finch: Self-Care Pet, Daily Journal & Habit Tracker (app)

Finch is an app that uses a virtual pet and gamified elements to encourage building positive habits and is available for free wherever you get your apps. I've been using it for three months to track daily goals like sending my food to my sponsor, taking my daily meds, using my Waterpik, and completing PT. It's fun to earn "rainbow stones" and buy cute outfits and furnishings for my "birb" (finch); this is the longest streak I've ever had where I've actually completed my daily goals. — Anonymous SO member

Print and Color Daily Inventory (Blank art templates)

Many people in recovery complete a daily review. A SO member has created blank templates that can be colored and completed with inventory questions. A sample inventory is included for inspiration. Also check out the [SO website](#) for more daily inventory prompts and checklists. -Brandi W

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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Secular Overeaters

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