



OCTOBER 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the October Community Newsletter. October brings a change in season and a change in wardrobe. Freedom from compulsive food behaviors means your wardrobe does not change year to year. Last year's clothes still fit when they come out of storage this year. No longer is there a mad dash to find clothes that fit for an event. With an end to compulsive eating, clothes shopping becomes a want, not a need.

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.

ANNOUNCEMENTS

Seasonal Time Changes

This month some countries will be adjusting their clocks for the seasonal time change. Be sure to check the [meeting schedule](#) for updates. In the United States and Canada, clocks will fall back on November 2.

Secular Recovery Stories

The Secular Service Board of OA has approved and published "My Own Understanding," a group of 30 secular recovery stories submitted by OA and SO members. The content may be used in meetings with the specific focus "Atheist/Agnostic/Secular." You can find "My Own Understanding" at **[Secular Stories — Secular Service Board of Overeaters Anonymous](#)** or via a direct link here **[My+Own+Understanding+12th+Aug+2025.pdf](#)**

UPCOMING EVENTS

Secular Overeaters Annual Community Gathering

Sunday, November 9, 2025 | 9AM PT/11 AM CT/Noon ET/5PM UK (90 minutes)

Find out more about the Secular Overeaters Community, engage in a recovery exercise to set you up for success before the holiday season begins, and hear from author Beth Aich (*We're Not All Egomaniacs*).

Register here BY MIDNIGHT, Saturday, November 8, for a reminder and the Zoom link: **<https://forms.gle/j6HZzz8NPKh3Kp9D7>**

MEETINGS

Resuming October 3, 2025: DBT Skills for Recovery Class

Fridays | 7AM PT/9AM CT/10AM ET/3PM UK | 55 minutes

This ongoing class will teach a new skill each Friday for managing emotions that lead to compulsive eating. All are welcome and there's no need to sign up for the class or to come every week.

Topics for October:

10/3 - Observing and Describing Emotions

10/10 - Check the Facts on Emotions

10/17 - Opposite Actions to Change Emotions

10/24 - Problem-Solving to Change Emotions

10/31 - Accumulating Positive Emotions: Short Term

Zoom room locks at 5 minutes after the hour, so show up on time! The link for the meeting can be found here:

<https://secularovereaters.org/so-meetings/>

SO Monthly Alternative Step Discussion

Sunday, October 19, 2025 | 9AM PT/11AM CT/Noon

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



The Horrors Persist, But So Do I

Art by Brandi W

PODCASTS

Saturday OA Atheist Agnostic Secular Meeting, Angela KC | August 16, 2025 Secular Overeaters member Angela KC describes her overeaters journey. (20 minutes).

OVEREATERS' TOOL

Action Plan

The Action Plan gives structure and balance to daily living. Unlike a food plan, which focuses specifically on what and when we eat, the action plan is a broader guide that supports abstinence and overall well-being. Members identify the specific actions that help them stay grounded in recovery. These might include routines for meals and shopping, commitments to meetings, self-care practices such as rest or exercise, setting boundaries, or doing service. Because every person's needs are different, each action plan is unique and can evolve over time. The action plan helps members practice recovery "one day at a time."

Download this simple action plan [worksheet](#). Look at this [OA website](#) for recovery stories, a sample food plan, and sample action plans.

ENGAGING WITH READINGS

A Curse and a Blessing, an article from *OA Lifeline*

After you've read the deity-light article, feel free to use our prompts for writing, meditating, or discussion.

- Describe a time a bad situation turned into a positive outcome.
- Do you consider having an eating compulsion a blessing or a curse?
- The author wrote, "I had to die a thousand times to be able to say yes to life." How did you "die" before joining Secular Overeaters? How do you say yes to life now?
- How has cultivating gratitude changed your relationship to your disease, to yourself, or to your recovery? What practices help you stay in gratitude even on hard days?

WEBSITE HIGHLIGHT

Accountability Buddies

Accountability Buddies are pairs of people who team up to help one another in their recovery from compulsive eating behaviors. Each duo figures out together how often, where, and in what ways they'll check in: Some buddies text daily about food plans, others meet weekly to work through recovery steps or talk about their day. Accountability buddies build an ongoing relationship so each person has someone to lean on during the tougher moments. The web page also offers workshop recordings, handouts, and tips for finding a good 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**](mailto:secularovereaters@gmail.com). You can find resources from past newsletters on the [Community Resources webpage](#).

Habit Tracker Templates (website)

Habit trackers can be an efficient way to organize daily, weekly, or monthly goals. But in SO, habit trackers can easily be adapted into an interactive action plan. This habit tracker website offers free resources and ideas for creating a paper or digital habit tracker to help with recovery. --Anonymous SO member

Situation Specific (OA Lifeline article)

An OA member creates different action plans to handle various challenges. Recommended on the list of **Deity-Free OA Lifeline Stories**, curated by SO volunteers



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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