



NOVEMBER 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the November Community Newsletter. The serenity poem is so much more than a lovely string of words. The version we use in Secular Overeaters reminds us that true recovery comes through our courage, wisdom, and acceptance in the midst of the storms that life brings. Compulsive eating is no longer necessary to cope. Recovery is found in serenity rather than in food.

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

At the beginning of the month different countries and states will be adjusting their clocks for the seasonal time change. Be sure to check the **meeting schedule** for updates.

OA Secular Daily Reader: Call For Stories!

Secular OA members are working on an official OA secular daily reader, and they need your submissions! Deadline: January 15, 2026. OA link:

<https://oa.org/news/secular-oa-members-help-create-a-new-daily-reader-submit-by-january-15-2026/?news-category=0&page=0>

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>**

Creative Reprieve Festival of Joyful Pursuits, Secular Session

Sunday, November 9, 2025 | Noon PT/2PM CT/3PM ET/8PM UK (30 minutes)

The OA Creative Reprieve Festival of Joyful Pursuits is a weekend event designed to help participants learn about making "Joyful Pursuits" a key part of their recovery. This year's event will include a secular space Sunday afternoon with a presentation on spirograph art. No registration needed. **<https://www.oacr.net/festival-of-joyful-pursuits.html>**

MEETINGS

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.

10/31 - Accumulating Positive Emotions: Short Term

Topics for November:

11/7 - Accumulating Positive Emotions: Long Term

11/14 - Building Mastery

11/21 - Coping Ahead with Challenges

11/28 - PLEASE Skills: Taking Care of Your Mind by Taking Care of Your Body

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, November 16, 2025 | 9AM PT/11AM CT/Noon ET/5PM UK (60 minutes)

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



Art by Brandi W

PODCASTS

Saturday OA Atheist Agnostic Secular Meeting, Meg B | October 11, 2025

Overeaters Anonymous member Meg B describes her spiritual evolution

and how she works within the traditional program incorporating her untraditional spirituality. (19 minutes).

OVEREATERS' TOOL

Meditation

Compulsive food behaviors can develop as a way to cope with unwanted situations and sensations. In recovery, new coping strategies take the place of the food behaviors. Meditation can increase awareness of the physical and emotional sensations around food and help uncover triggers. There are many forms of meditation to try. **Body scan** helps develop awareness of physical sensation. **Urge surfing meditation** is a powerful training tool for getting safely to the other side of a compulsive urge. For those who prefer active meditation, grab some paper and markers and try an **art meditation**. No art skills are needed. **Walking meditation** can combine movement, body sensations, and awareness in one practice. Combat compulsion with a mindful habit.

ENGAGING WITH READINGS

“What If I Don’t Believe in ‘God?’” (OA pamphlet #195) media.oa.org+1

- What might “something greater than myself” look like in your own life, and how would that help you stay grounded in recovery?
- What are the parts of the program or recovery approach you already accept, and which parts feel more difficult or off-limits to you now?
- How do you balance respecting your own experience and boundaries with being open to new ideas or perspectives from others in recovery?
- Which internal or external sources do you already trust or lean on when you’re facing struggle or temptation—and how might you cultivate or strengthen those sources in recovery?

WEBSITE HIGHLIGHT

Secular Overeaters Art

You do not have to be an artist to incorporate this powerful tool in your

recovery. Many forms of creation can be meditative and insightful. Your expressions can inspire others in the secular community. The Secular Overeaters website and the newsletter feature secular art from our membership. Submission guidelines can be found [here](#).

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](#).

How to Never Get Angry or Bothered by Anyone (YouTube video)

A YouTube video presenting techniques for dealing with triggers and emotional events.

Geocaching (activity)

Geocaching is a free, world-wide treasure-hunt program that doesn't feel like exercise and can include family and friends.



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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