



## DECEMBER 2025 SECULAR OVEREATERS COMMUNITY NEWSLETTER

*Welcome to the December Community Newsletter. One year ago this month, I came down with a heart infection. I am still battling it and its effects today. This past year has been the hardest year of my adult life, physically, emotionally, and financially. I am still having immense pain and roadblocks every day. Yet I am the most abstinent, serene, and accepting I have ever been. Secular Overeaters gave me the tools to enable this transformation in me. Two years ago, I almost left Secular Overeaters. Long-term service obligations, like this newsletter, kept me in the program. Service keeps me showing up even when I don't want to, but I need to. Service has kept me in SO and SO has given me the power to transform in the face of great challenges. Thank you for allowing me to do this service for you. Please consider volunteering for **service with Secular Overeaters**. - Brandi W*

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

## **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**

### **New SO Workshop: Exploring Alternative Step Study and Beyond**

January 25, 2026 | 9AM PT/noon ET/5PM/UK (90 minutes)

Has working the Twelve Steps got you bogged down? Looking for a refresh? Approaches to working the Steps are wonderfully varied and unlimited. This workshop will feature panelists who describe how they work the Steps in alternative ways. Q&A and Resources will be included. Register here: <https://forms.gle/q5Rnz3VfPL5exaqu7>

## **MEETINGS**

### **DBT Skills for Recovery Class**

Fridays | 7AM PT/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.

12/5 - Mindfulness of Current Emotions

12/12 - The Three States of Mind: Emotion, Reasonable, and Wise Minds

12/19 - Using Chain Analysis to Change Ineffective Behaviors

12/26 - Mindfulness: Participate

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, December 21, 2025 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

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

## **NEW RECORDINGS**

If you were unable to attend our seventh Community Gathering in November, you can get caught up with these sound files from the event. To get the recordings as soon as they're available, subscribe to The Secular Overeaters Podcast wherever you listen to your favorite shows.

**Holiday Distress Relief Plan Exercise with Susan P, DBT Therapist | Secular Overeaters Community Gathering #7** | November 9, 2025 | 15 min

Susan leads us through a DBT RAIN exercise and encourages us to develop an action plan to handle holiday stress. Download the worksheet: <https://bit.ly/SO-RAIN-SOCG7>

**Beth Aich, Author | Secular Overeaters Community Gathering #7** | November 9, 2025 | 50 min

Author Beth Aich discusses recovery including childhood trauma, character defaults that began as childhood survival skills, the concept of neuroplasticity as a higher power, and her book, *We Are Not All Egomaniacs*.

## **SERVICE OPPORTUNITIES**

### **Panelists Needed for Alternative Step Study Workshop**

For a new SO Workshop coming January 25, 2026 (9AM PT/noon ET/5 UK), the SO Workshop Team is looking for panelists to speak about how you work the Steps, especially alternative ways: Do you use a sponsor, or not? Cosponsor? With an Accountability Buddy? In a Recovery Circle? What is your unique take on working the Twelve Steps? How does it help you in your program? Interested? Contact Laura N (Lfraser3090@gmail.com).

### **Interested In Helping Secular Overeaters?**

Let us know your skills by filling out the volunteer form:

**<https://bit.ly/SO-VolunteerOpportunities>**

We need volunteers with Zoom and presentation skills on the Workshop

Team; writers, editors, and researchers; sound editors; someone to check our email; Facebook administrators; and lawyers/people to help us become a nonprofit. We count on committed volunteers to help us maintain and expand our resources for the secular community!

## OVEREATERS' TOOL

### Service

Why is giving service to others such a powerful tool for recovery?

Because it shifts the focus away from food and self-criticism and toward connection, purpose, and accountability. Acts of service—such as sharing in a meeting, supporting a newcomer, or volunteering on a Secular Overeaters team—remind us that we're not alone and that our own experience can help someone else. This outward focus helps break the isolation that often fuels compulsive overeating. Through service, we can put the spiritual principles of recovery—humility, generosity, and responsibility—into action, making service both a gift to others and a vital tool for maintaining our own abstinence and emotional sobriety.

Find inspiring, deity-free stories of service on this [link](#) by the Washington DC Metro area intergroup:

Personal Recovery Through Service to Others ~ 1.12.2023

Building Relationships Through Service ~ 1.12.2023 (mentions a higher power)

Recovery, One Step at A Time ~ 1.12.2023

Whether You Are a Newcomer or an "Old-Timer" You Can Make a Difference ~ 1.12.2023

You Can't Keep It Unless You Give It Away ~ 11.28.2021

Doing Service Raised My Self-Esteem ~ 11.28.2021

## ENGAGING WITH READINGS

Find inspiring, deity-free stories of service on this [link](#) by the Washington DC Metro area intergroup:

**[The Twelve Steps Transformed My Anger, Resentment, and Fear Into Serenity](#)**, a deity-free reading from *OA Lifeline*. Even if you don't engage in a Twelve-Step model of recovery, these are thought-provoking questions to consider.

1. What are some expectations you carry that often lead to frustration or anger?
2. What would it look like to practice “letting go of expectations” in one specific area of your life?
3. What resentments do you currently hold? In what ways might they reflect unmet wishes for how things should have been?
4. Write down two or three negative memories or thoughts you often revisit. Then write two or three positive memories or affirming truths you want to give more space to.
5. What “insight and guidance” practices (meditation, journaling, counsel) do you use to help you with surrender and acceptance?

## WEBSITE HIGHLIGHT

### Podcasts and Recordings

Pestered by obsessive thoughts about food and eating? Gain insight and wisdom by listening to a secular podcast or recording. Find a selection on our page [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](mailto:secularovereaters@gmail.com). You can find resources from past newsletters on the [Community Resources webpage](#).

### **How Childhood Trauma Leads to Addiction (YouTube video)**A

YouTube video by Dr. Gabor Maté linking events in childhood to compulsive behaviors in life. –Anonymous SO Member

### **Other People’s Programs (OA Lifeline article)**

After years of recovery, an OA member learns to let others recover in their own way. Recommended on the list of [Deity-Free OA Lifeline Stories](#), curated by SO volunteers

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## 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](mailto: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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