



## JANUARY 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

*Welcome to the January Community Newsletter. First month, first step. Welcome to all who come seeking sanity with food. Join the monthly ***Alternative Twelve Steps Discussion meeting*** for Step One on Sunday, January 18, or try the secular Step One exercise in this 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. 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>

Need inspiration or guidance? An SO member has developed a writing guide [here](#).

## **Calling All French Speakers!/Appel à tous les francophones!\***

Seeking French-speaking secular OA/SO members to start a secular French-language meeting or WhatsApp group—or both. Please email Gen B at [\*\*berteaug@hotmail.com\*\*](mailto:berteaug@hotmail.com) and indicate your interest for this group in the subject of your message.

\*Nous recherchons des membres laïcs d'OA/SO francophones pour créer une réunion ou un groupe WhatsApp en français, ou les deux. Veuillez contacter Gen B par courriel à l'adresse [\*\*berteaug@hotmail.com\*\*](mailto:berteaug@hotmail.com) et indiquer votre intérêt pour ce groupe dans l'objet de votre message.

## **EVENTS**

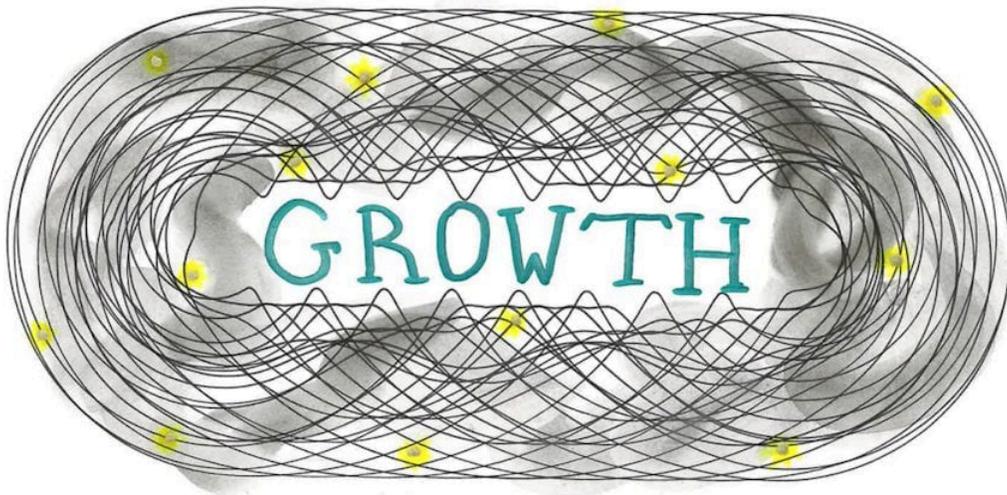
### **New SO Workshop: Exploring Alternative Step Study and Beyond**

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\*\*](https://forms.gle/q5Rnz3VfPL5exaqu7)

*Lights shine through the storm.*

*From the chaos emerges...*



## **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.

1/2/26 - Nonjudgmental Mindfulness

1/9/26 - Clarifying Goals in Interpersonal Situations

1/16/26 - Objectives Effectiveness: DEAR MAN

1/23/26 - Relationship Effectiveness: GIVE

1/30/26- TBD

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/>**

### **Neurodiverse SO Meeting Restart**

Sundays | 4PM PT/7PM ET/midnight UK

We're back! In this meeting we provide a secular space in which to learn about how neurodiversity affects compulsive eating and recovery, but all are welcome. **<https://secularovereaters.org/so-meeting-schedule/>**

### **SO Monthly Alternative Twelve-Steps Discussion**

Sunday, January 18, 2026 | 9AM PT/Noon ET/5PM UK (60 minutes)

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

## **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!

## SECULAR STEP EXERCISE

### Step One: Facing Reality

Compulsive eaters seek solace in food to take away the pain of stress, trauma, loneliness, or boredom. Something happened that was beyond our control. Our efforts to make things go our way failed. Soon our efforts to control our eating failed and we ate to comfort ourselves for our lack of control. We couldn't stop even as it began to destroy our health, finances, and relationships.

Stephanie Covington, in *A Woman's Way Through the Twelve Steps*, says, "By taking the First Step, we regain the power to decide for ourselves. We can choose whether we want to continue to try to control the things we can't, like our addictive cycle, or control the things we can, like our participation in recovery" (page 25).

**Exercise:** Trace your hand on a piece of paper. Inside the hand list the things that are under your control. Outside the hand list the things that you do not control or have tried and failed to control.

## ENGAGING WITH READINGS

Take a few minutes to read the story "High Noon at Food Lion" on page 37 in **My Own Understanding**, published in 2025 by the Secular Specific Focus Service Board of Overeaters Anonymous.

1. How does focusing on others' behavior pull us away from our own recovery?
2. When you find yourself mentally judging someone else's eating, what might that say about what's going on inside you?
3. Why do you think the writer imagines herself as an "avenging angel" with literature?

4. How does the writer's final blessing reflect growth in recovery?

## WEBSITE HIGHLIGHT

### Welcome Newcomers!

When new people seek help with Secular Overeaters, **this** page has all the information they need to get started, including a form to request an SO newcomer packet. Keep this link handy to welcome newcomers in the new year.

## 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](#).

**TIP Skills: Reduce Extreme Emotions Quickly | DBT-RU (YouTube video)** A YouTube video by a DBT expert at Rutgers University explains four skills that can be used to reduce emotion or stress. –Anonymous SO Member

### **Break Free from ED [Eating Disorders] (Digital Workbook)**

A free, CBT-based workbook created by the Western Australia government mental health service designed specifically for eating disorders, focusing on understanding triggers. –Anonymous SO Member

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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.

## **SUBSCRIBE TO THIS NEWSLETTER**

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### **Secular Overeaters**

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[hello@secularovereaters.org](mailto:hello@secularovereaters.org)



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