



FEBRUARY 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

*Welcome to the February Community Newsletter. Second month, second step. Welcome to all who come seeking sanity with food. Join the monthly ***Alternative Twelve Steps Discussion meeting*** for Step Two on Sunday, February 21, or try the secular Step Two 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

Sending Out an S.O.S.—Volunteers Needed

There's a core group of volunteers who keep Secular Overeaters going. We're starting to burn out and could really use some help! (Read more in our ***Annual Report 2025***.) We need volunteers in these areas: Nonprofit Development, Email Admin (answer our email), Podcast Sound Editors, Social Media, Website Content Editors, and Workshop Team Members and Panelists. If you're interested, please fill out this form:

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

Secular Overeaters 2025 Annual Report Is Out

What was the SO Board and community up to in 2025? What did we spend your donations on? Find out here: <https://bit.ly/SO-AnnualReport2025>, pdf, 3 pages.

OA Secular Daily Reader: Deadline Extended

Secular OA members are working on an official OA secular daily reader, and they need your submissions! So far over 150 submissions have been received, but they need at least 365! Deadline: June 1, 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](#).

EVENTS

Food Freedom Workshop

Sundays | 8AM PT/11AM ET/4PM UK | Starts February 15 for 7 weeks
The next Food Freedom Workshop will start on Sunday, February 15, 2026, and meet for seven weekly, 90-minute sessions. Additionally, participants will be placed into a Recovery Circle (RC), which will meet at a mutually convenient time during the week, in which members discuss and get additional support for their recovery.

To register or for additional information, please use this form:

<https://forms.gle/YtBCngfWFJyahsRs6>

Accountability Buddy Workshop for Secular Overeaters

Sunday, March 22 | 9AM PT/Noon ET/4PM UK | 60 minutes
Join this one-hour presentation to learn about the concept of Accountability Buddies, practice new skills, and get tips on how to find one of your own. A buddy is a great way to get more secular OA support, especially if you don't have a sponsor yet or if you have a non-secular sponsor. Register here BY MIDNIGHT, Saturday, March 21, for a reminder and the Zoom link: <https://forms.gle/oE9zvBXiygfXuXot9>

NEW RECORDING

Secular Step Panel Workshop | January 25, 2026 | 74 minutes

Four panelists (Cassie, Jenny, T, and Laura) relate how they work their

program with secular Steps. Resources from secularovereaters.org are highlighted, followed by general shares by community members. This information sheet is referenced: <https://bit.ly/SO-12StepResources>

MEETINGS

Tuesday Secular Support Meeting

Tuesdays | 11AM PT/2PM ET/7PM UK | 55 minutes

We've just started a new book: *Diet, Drugs, and Dopamine* by David A. Kessler, MD. Reading will be screen shared. Format: reading and sharing. The link can be found here: <https://secularovereaters.org/so-meeting-schedule/>

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. Topics for February:

2/6/26 - Deciding How Intensely to Ask for Something

2/13/26 - Mindfulness of Others

2/20/26 - Ending Relationships

2/27/26 - Thinking and Acting Dialectically

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 Twelve-Steps Discussion

Sunday, February 21, 2026 | 9AM PT/Noon ET/5PM UK (60 minutes)

Join us for an engaging discussion of eight versions of Step Two, 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 March Accountability Buddy Workshop

We need people who have an accountability buddy (AB) to share their experience during our next AB workshop on March 22, 2026 (9AM PT/noon ET/4PM UK). Contact Jenne M, secularovereaters@gmail.com,

for more information.

SECULAR STEP EXERCISE

Step Two: Believe There Is a Way

In Step One we faced the reality of our lack of power to help ourselves. Step Two offers hope that there is a proven source from which we can draw that power. The Secular Overeaters community and various versions of secular Twelve Steps have given many compulsive eaters the tools to fight for and win back food sanity. Step Two asks you to accept a belief that healing power exists.

Serge Prengle, in *The Proactive Twelve Steps: A Mindful Program for Lasting Change*, says, "To be totally clear, the central belief of Step Two is a belief in the process of the Twelve Steps. It has worked for others and can work for you." (p. 17)

Exercise: Draw a simple timeline of your life and mark a time when you were stuck. What did you try on your own (and how did it go)? Mark a time when outside structure, guidance, or support helped, even briefly. What did that structure provide that you couldn't generate alone? What parallels exist between that experience and the Twelve Step process?

ENGAGING WITH READINGS

Read the story "My journey to Secular OA" on page 8 in **My Own Understanding**, published in 2025 by the Secular Specific Focus Service Board of Overeaters Anonymous.

What part of John's story shows evidence that a "way" exists?

- 1. What part of John's story shows evidence that a "way" exists?*
- 2. Before he found a secular meeting, what did he feel was missing in his hope for change?*
- 3. What changed when he heard others' experiences?*

WEBSITE HIGHLIGHT

Have you visited secularovereaters.org recently? This month we want to highlight **The Tools** section of the site. It has descriptions of nine tools that can be helpful in recovery: meetings, sponsorship, food plan,

literature, meditation, exercise, fellowship, service, and action plan. Learn about these tools and while you are there, take some time to explore the rest of the site!

COMMUNITY RESOURCES

Here are some resources that were shared by community members. If you have a resource to share, please send it to secularovereaters@gmail.com. You can find resources from past newsletters on the [Community Resources webpage](#).

The Stoic Challenge, A Philosopher's Guide to Becoming Tougher, Calmer, and More Resilient, by William B. Irvine (book)

A philosopher uses ancient Stoic practices to overcome modern challenges. –Anonymous SO Member

Everything You Think You Know About Addiction Is Wrong (YouTube Video) Author Johann Hari argues that addiction is caused by social isolation, trauma, and a lack of human connection. –Anonymous SO Member

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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