

February 2022 Secular Overeaters Community Newsletter

Welcome to the February Secular Overeaters Community (SOC) newsletter! Secular Overeaters is an informal community and [resource hub](#). It is not part of Overeaters Anonymous. The purpose of this newsletter is to keep our members in the loop about upcoming events, new meetings, and resources. A new issue will be posted every month. If you would like to be removed from the list, reply to this email with the word UNSUBSCRIBE in the subject line. Newsletter submission guidelines are provided at the end of this email.

GENERAL ANNOUNCEMENTS

2021 Secular Overeaters Annual Report

Please take a moment to read this concise, [one-page report on the accomplishments of the secular overeaters community in 2021](#). These accomplishments include a website, workshops, publications, a podcast, and resources for meetings and newcomers. Thanks to everyone who made donations and all the volunteers who contributed their time, commitment, and skills to make these opportunities to learn and connect possible. The document also includes a brief financial report.

New WhatsApp Group for Men

A new WhatsApp Group was recently formed called [SecularMen'sOvereaters](#).

UPCOMING EVENTS

Freethinker Monthly Zoom Step Study

Sunday, February 20 | 9AM PT/Noon ET/5PM UK

We will be discussing traditional and alternative versions of Step 2. This is an unregistered OA meeting. Guide: [Alternate 12 Step Discussion Guide for Secular Overeaters](#)

Zoom link:

<https://us02web.zoom.us/j/85020276541?pwd=amUrc0NWbHdLS2o0NUNCdEYwNjNXUT09>

Meeting ID: 850 2027 6541 | Passcode: 466472

MEETING NEWS

Zoom Disruptors

From time to time recently, there have been Zoom Disruptors during some of the online secular meetings. When this occurs, a meeting may temporarily be put on hold. If you are in a meeting when that happens, please stay in the meeting while the hosts manage the situation. The meeting will return to normal as soon as the disruptors are removed.

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 our 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, send it to secularovereaters@gmail.com. You can find resources from past newsletters on the [Community Resources webpage](#).

The Mentalization Guidebook

This book by Janne Oestergaard Hagelquist is primarily for mental health professionals, but has examples and exercises that can apply to one's own life. It takes a deep dive into the concept of mentalization and how it relates to trauma and how to use it to help cope with life's challenges. – Recommended by Karolina

Los Doce Pasos Seculares: Una Breve Coleccion (pdf, 17 pages)

The popular handout, [AA Agnostica: A Collection of Alternative 12 Steps](#), has been translated for Spanish speakers by fellow Elizabeth B. We thank her for her service!!!

Food Freedom: A Resource Manual for Secular Overeaters [Draft]

This manual was written to help atheists, agnostics, and other secular/non-religious folks in recovery. Comments are welcome on whether and how it has been useful to you and how it might be improved. Contact Jim D to provide feedback (jimwdriscoll@gmail.com; 520-250-0509).

Greater Good Website

Greater Good is UC Berkeley's center for positive psychology. They email articles with a variety of tips for dealing with life based on current research, at no charge. – Recommended by Kevin

NEW RECORDINGS

Alternative Step Study Recordings

The monthly Freethinker Zoom Step Study discusses alternative versions of the 12 Steps. See "Upcoming Events" above for connection information. A portion of each meeting will be recorded as members discuss the step of the month. [Note: The meetings also include unrecorded segments for participants who prefer not to be recorded.] Here are the two tracks that have been recorded so far.

011622 | [Discussion of Alternative Versions of Step 1](#) | 33 min

FOUNDATIONAL SECULAR RESOURCES

These key resources are posted in every SOC monthly newsletter. They will help you connect with other members and deepen your understanding of a secular approach to recovering from struggles with food and eating.

Websites

Secular Overeaters: <https://secularovereaters.org/>

Secular OA: <https://www.secularoa.org>

Facebook

Secular Overeaters: <https://www.facebook.com/groups/secularovereaters>

Google Group

Secular Overeaters Community Google Group: To join, send an email to secular overeaters.community@gmail.com.

Secular Translations of God Questions in the OA 12&12 Workbook

Check out [rewritten god questions](#) (Google spreadsheet) from the *Twelve Step Workbook of Overeaters Anonymous*, and add your own!

Meetings

A complete list of secular meetings listed by your timezone:

<https://secularovereaters.org/so-meeting-schedule/>

Podcasts

Look in your favorite app for these podcasts featuring awesome stories of OA secular recovery!

- The Secular Overeaters Podcast
- Overeaters Anonymous Secular Podcast for Atheists, Agnostics, and Freethinkers
- Overeaters Anonymous East Bay (look for speakers from the Freethinkers Meetings)

WhatsApp

[Emeryville Freethinkers WhatsApp Group](#)

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.