



MARCH 2026 SECULAR OVEREATERS COMMUNITY 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: Second Call For Stories!

Secular OA members are continuing to work on an official OA secular daily reader, and they need our submissions—at least 365! Deadline: June 1, 2026. For more information:

<https://media.oa.org/app/uploads/2026/01/08145215/secular-daily-reader-second-call-for-stories-flyer.pdf>

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

Check Out These New Pages on the SO Website

We've added two new pages to the Secular Overeaters website:

DBT Class Materials (an archive)

Secular Overeaters Newsletters (an archive)

EVENTS

Accountability Buddy Workshop for Secular Overeaters

Sunday, March 22, 2026 | 9AM PT/Noon ET/4PM UK | 90 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 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>

MEETINGS

Get Connected with Secular Peers

Mondays | 9AM PT/Noon ET/4PM UK | 60 minutes

This meeting focuses on connecting for peer support within secular recovery. Secular-friendly OA-approved literature is read, followed by breakout rooms, sharing, informal discussion, and questions. 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 March:

3/6/26 - Interpersonal Effectiveness: Validation

3/13/26 - Interpersonal Effectiveness: Recovering from Invalidation

3/20/26 - Interpersonal Effectiveness: Behavior Change Strategies

3/27/26 - Distress Tolerance: Stop Skill

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, March 15, 2026 | 9AM PT/Noon ET/5PM UK | 60 minutes

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

SECULAR STEP EXERCISE

Step Three: Commit

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. In Step Three, we decide to commit to following the program of recovery. We let go of our struggles with our willpower and let the process guide our actions.

In his book *Staying Sober Without God*, Jeffrey Munn says Step Three “is making a pact with yourself and your support network to make this a non-negotiable priority in your life . . . You are committing to fundamentally changing the way you live one gradual but meaningful step at a time.”

Exercise: Return to the timeline you created for Step Two. Or start fresh: Draw a simple timeline of your life. Now draw a branch off that timeline. This branch represents taking Step Three and making a commitment. On this branch, make a note of future events as they would occur if you had healthy coping mechanisms without the need for compulsive food behavior. On the original line, note events as they would occur if your compulsive behaviors and your struggle to eliminate them yourself continued.

Which line would you rather travel? If you choose to take Step Three and travel the new branch, write out a statement of commitment to work on specific actions that will benefit you.

ENGAGING WITH READINGS

Read the story “My Journey in This Thing Called Life” on page 66 in **My Own Understanding**, published in 2025 by the Secular Specific Focus Service Board of Overeaters Anonymous.

1. The writer says they are “not cured” and must remain vigilant. What does ongoing vigilance look like for you in recovery?
2. What does success in recovery look like for you?
3. Was the need for control a factor in your disease? In what ways have you had to give up control since joining OA or SO?

WEBSITE HIGHLIGHT

Meetings

Meetings are a key tool with which members of Secular Overeaters seek support and provide it to one another. On the website, you'll find a variety of resources, including a calendar of all SO meetings and practical, detailed information on how to start a new meeting (including scripts!). If you only want to attend official OA meetings, be sure to attend the ones identified as such in their meeting title; meetings with a “+” indicate unofficial meetings. Go to **secularovereaters.org** and hover over the "Meetings" heading in the banner to find the drop-down menu for these resources.

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**.

Dopamine Nation: Finding Balance in the Age of Indulgence

In this book, psychiatrist Anna Lembke explains how dopamine works in the brain, how the pursuit of pleasure can lead to pain, and what this all means for people suffering from addictions. - Recommended on the Secular Overeaters Facebook Group

Tenth-Step GRAPES Format

Here is a great quick Tenth-Step Format from the **Secular Overeaters Daily Inventories/Tenth Steps handout** (print a copy for your journal!).

G: One way you were Gentle with yourself today.

R: One way you Relaxed today.

A: One thing you Accomplished today.

P: One thing you did for Pleasure/joy today.

E: One thing you did for Exercise/body movement today.

S: One thing you did for Social interaction today. –Recommended by Jenne M.

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.

SUBSCRIBE TO THIS NEWSLETTER

If this newsletter was forwarded to you and you are not already subscribed, you can join using this [Mailing List Form](#).

Secular Overeaters

<https://secularovereaters.org>

hello@secularovereaters.org



You received this email because you signed up on our website or attended one of our workshops.

[Unsubscribe](#)