



APRIL 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the April Community Newsletter.

Secular Overeaters (SO) is an informal community and resource hub. It is not part of Overeaters Anonymous (OA). 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

SO Concurrent Meeting Survey: Deadline Midnight, Sunday April 19

Secular Overeaters has a policy that new recovery meetings should choose a time that does not conflict with existing meetings. We'd like to know how the community feels about this policy, so we're asking you to take a brief four- question survey:

<https://forms.gle/pKYwxs9cvXSs2LLs8>

Please share this link with your secular meetings, recovery circles, WhatsApp groups, and SO friends!

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 your 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](#)**.

EVENTS

Long-Term Abstinence Workshop

Saturday, April 25, 2026 | 9AM PT/Noon ET/4PM UK | 120 minutes

Learn secular ways to achieve long-term abstinence. No registration needed. Meeting ID 914 9995 6265 - Password 1212 Zoom link

[https://us06web.zoom.us/j/91499956265?](https://us06web.zoom.us/j/91499956265?pwd=Y09hVmkwbmtdOTF9pOFpyd0c5M3Vadz09ot9)

[pwd=Y09hVmkwbmtdOTF9pOFpyd0c5M3Vadz09ot9](https://us06web.zoom.us/j/91499956265?pwd=Y09hVmkwbmtdOTF9pOFpyd0c5M3Vadz09ot9)

Fact or Fiction Workshop

Sunday, May 31, 2026 | 9AM PT/Noon ET/5PM UK | 60 minutes

Permission-giving thoughts can drive our food behaviors and leave us feeling out of control. Join us as we delve into the facts and fictions of our food voices and learn how to talk back with messages that serve our well-being. Register here BY MIDNIGHT Eastern US, Saturday, May 30, for a reminder and the Zoom link.

<https://forms.gle/XXd9JP8DsFPcbstv7>

MEETINGS

"My Own Understanding": Atheist/Agnostic/Secular OA Stories

Thursdays | 11AM PT/ 2PM ET/ 7PM UK

We will read and share about stories from the collection created by the OA Secular Specific Focus Service Board called "My Own Understanding," which can be found at

<https://static1.squarespace.com/static/6327a60782517932cb7d112d/t/689b81567e87bd6d2dc60f03/1755021654610/My+Own+Understanding+12th+Aug+2025.pdf>

To access the meeting: **<https://oafirststeps.com/recovery-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. Topics for April:

4/6/26 - Distress Tolerance: Pros and Cons

4/13/26 - Distress Tolerance: TIP Skills: Temperature and Intense Exercise

4/20/26: Distress Tolerance: TIP Skills: Paced Breathing and Paired Muscle Relaxation

4/27/26: Distress Tolerance: Distracting

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, April 19, 2026 | 9AM PT/Noon ET/5PM UK | 60 minutes

Join us for an engaging discussion of eight versions of Step Four, 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

Four: Reflect

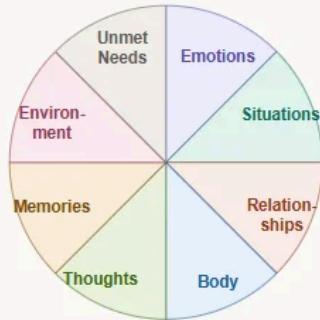
Step Four is the starting line of our new selves. In order to change our behavior patterns in the future, we need to have a clear picture of our behavior patterns of the past. For Step Four you explore the ways you have reacted at times when life has become uncomfortable.

In his book *The Proactive Twelve Steps*, Serge Prengel says, "look at the way that several unrelated incidents may have some characteristics in common. Then, you can reflect on what it is that tends to activate you."

Exercise: Use this **web page** to explore a past event. Each wedge of the wheel opens up a dialog box for journaling on a different aspect of each event. You can take a screenshot to save each entry.

Trigger Mapping Wheel

Click each spoke of the wheel to explore what drives your compulsive eating — emotions, situations, memories, unmet needs, and more.



8 areas to explore:

- Emotions
- Situations
- Relationships
- Body sensations
- Thoughts
- Memories
- Environment
- Unmet needs

ENGAGING WITH READINGS

Step Four: Read the deity-free story [Searching Out Shame](#) from *OA Lifeline*, in which a compulsive eater describes their Step Four journey.

1. What does shame feel like for you--in your body, in your thinking?
2. We can't just avoid our addiction; we face it three times a day. How does that reality make recovery harder for you than it might be for others?
3. What emotional state most reliably shows up before a compulsive episode for you? How early can you catch it?
4. The author calls comfort in their own skin the greatest gift of recovery. Have you ever felt it, even briefly? What was present in that moment?

WEBSITE HIGHLIGHT

Finding a Sponsor

Sponsors play an important role in recovery. The Secular Overeaters website [Finding a Sponsor](#) page offers guidance on finding the sponsor that is right for you.

New Website Page: [Community Developed Resources](#)

Many SO members have developed recovery resources (including a secular trauma-aware Twelve-Step guide and a Twelve-Stepping-a-Problem worksheet for nonbelievers) to share with our community. If you have a resource to add, let us know at [**\(secularovereaters@gmail.com\)**](mailto:secularovereaters@gmail.com).

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**](#).

We're Not All Egomaniacs: Adapting the Twelve Steps for Alcoholics with Low Self-Esteem

This book, by Beth Aich (2021), is revolutionary in its suggested approach to working the Twelve Steps. The author's description of ego-trampled addicts coming into AA and being bombarded with more shame by being told they are selfish, self-centered, and egotistical hits home for many of our SO and secular OA members. This book can provide us with an opportunity to deal with trauma, low self-esteem, and similar emotional conditions within a secular context and enhance lasting recovery from food obsession. (Note: There is also an interview with the author on this [**Beyond Belief Sobriety Podcast episode**](#).) – Recommended by Martha H

Overcoming Sugar Addiction with Mike Collins [Podcast Episode]

This December 2022 episode of the Beyond Belief Sobriety Podcast features Mike Collins, the founder of sugaraddiction.com. He talks about his passion to help people overcome their addictions. Collins also has a website, [**https://sugaraddiction.com**](https://sugaraddiction.com), which includes a free e-book, "The Last Resort Sugar Detox," and other resources. – Recommended by Elisabeth C

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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is for special content that you want to stand out.

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