



MAY 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the May 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

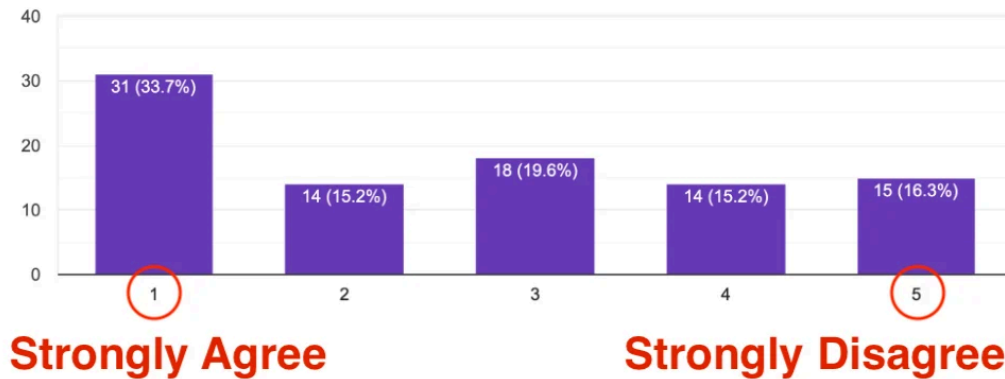
Concurrent Meeting Survey Results: Policy Stands for Now

Almost half (49%) of the 92 responders support our current scheduling policy, many others (20%) had no opinion, and about a third (31%) would like to see the policy loosened (see graph below). We are taking these results and comments seriously and appreciate the depth they bring to our community dialogue. However, as the SO Board's current priority is finalizing our nonprofit status and fiscal sponsorship, we will look into possible changes to this policy in the future, once our organizational foundation is secure. Thank you so much for participating

and letting your voices be heard! More results will be shared in the June SO Newsletter.

Question 4: "Overall, the 'Concurrent Meeting' policy is an effective way to support the growth and health of the Secular Overeaters community."

92 responses



OA Secular Daily Reader: Last 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

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>

Anatomy of Recovery Workshop: Replacing "God" with Something Real

Sunday, June 7, 2026 | 9AM PT/ Noon ET/ 5PM UK | 90 minutes

Have you ever *wished* you believed in a celestial father figure watching over you? You can have everything the believers have without joining up. Come find out how. Questions to rwbcComments@gmail.com. Sign up by Saturday, June 6, at <https://forms.gle/TAZQ8VZ7hNnxexDB7>.

MEETINGS

Secular Focus OA Meeting in Hebrew

Wednesdays | 9:30AM PT/12:30PM ET/7:30 PM Israel | 60 minutes

Announcing a new registered OA meeting with a secular focus, conducted in Hebrew. This is an open meeting; visitors are welcome. Check [Meetings](#) for information.

Secular OA Stories from "My Own Understanding"

Thursdays | 11AM PT/ 2PM ET/ 7PM UK | 60 minutes

In this meeting we read and share about the atheist/agnostic/secular stories from the literature created by the OA Secular Specific Focus Service Board called "[My Own Understanding](#)." Check [Meetings](#) for information.

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 May:

5/1/26 - Distress Tolerance: Improving the Moment

5/8/26 - Distress Tolerance: Radical Acceptance

5/15/26 - Willingness

5/22/26 - Mindfulness of Thoughts

5/29/26 - Dialectical Abstinence

Zoom room locks at 5 minutes after the hour, so show up on time!

Check [Meetings](#) for information.

SO Monthly Alternative Step Discussion

Sunday, May 17, 2026 | 9AM PT/Noon ET/5PM UK | 60 minutes

Join us for an engaging discussion of eight versions of Step Five, 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 Five: Bringing It into the Light

Step Five takes courage, the courage of honesty. You've already done the hard work of looking at yourself clearly in Step Four. Now you get to put it down. You share it, witness it, and begin to release it. This is where the weight starts to lift.

You don't need a higher power to make Step Five meaningful. You need one trusted person and your own willingness to be seen and heard.

Activity: The Witness Exercise

This exercise helps you prepare for or process after your Step Five share.

1. Write the heading: "What I'm bringing into the light today."
2. From your Step Four inventory, choose three items—not necessarily the hardest ones, just three that feel ready.
3. For each one, write a single sentence in this format: "I am bringing forward [the thing], and I am ready to stop carrying it alone."
4. Read each sentence aloud to yourself slowly, with your feet flat on the floor. Notice what it feels like to hear your own voice say it. That's practice. That's power.

Step Five isn't about punishment—it's about freedom. You've earned this moment. Take it.

WEBSITE HIGHLIGHT

12 Steps Self-Love Workbook

Are you struggling with food, body image, or binge eating, and seeking a gentler way forward? This workbook offers a trauma-aware reimaging of the Twelve Steps, rooted in self-compassion, mindfulness, and Cognitive Behavioral Therapy. Created by a secular OA member, it speaks to those living with PTSD or Complex PTSD, using language that honors lived experience and emotional safety.

COMMUNITY RESOURCES

Here is a resource that was 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**](#).

Turning Off the Tap: Overcoming the Real Reasons We Overeat

This book, by Sara Best, is about how the brain drives habits like emotional eating and overeating, and provides practical tools to help you reprogram and rewire those patterns. Recommended on the Secular Overeaters Facebook group.

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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