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JULY 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the July 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

7th Tradition: Have You Made a Donation to the Secular Service Board (SSB) of Overeaters Anonymous?

The SSB is an official body of OA that serves the common needs of secular OA Fellows. The Board is self-supporting and depends on contributions from members to cover expenses which include their website and OA conference fees. One of their recent projects is the publication ***My Own Understanding***. Please consider making a contribution this month to help support their work:

<https://www.secularserviceboardofovereatersanonymous.org/don>

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Note: The SSB is not the same as Secular Overeaters (SO).

EVENTS

Accountability Buddy Workshop for Secular Overeaters

Sunday, September 13, 2026 | 9AM PT/Noon ET/5PM UK

Come join this one-hour presentation to learn about how Accountability Buddies can strengthen your program. You will practice new skills and get tips on how to find a buddy. This 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, September 12, for a reminder and the Zoom link:

<https://forms.gle/H7QFVqSyLzqDK2rW9>

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 July:

7/3/26: Emotion Regulation: What Emotions Do for You

7/10/26: Emotion Regulation: Myths About Emotions

7/17/26: Emotion Regulation: Check the Facts

7/24/26: Emotion Regulation: Opposite Action

7/31/26: Emotion Regulation: Problem Solving

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-meeting-schedule>

NOTE: The **DBT Skills for Recovery Class** that regularly meets on Fridays will be taking a break in August and September. See the SO website for DBT techniques and resources, and for recordings of select DBT classes, at **<https://secularovereaters.org/so-managing-emotions/>**.

Materials from past classes are available also on the SO website:

<https://secularovereaters.org/so-dbt-class-materials>.

Join us for new classes in October!

SO Monthly Alternative Twelve-Steps Discussion

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

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

Accountability Buddy Speakers Needed for Workshop Panel

The Secular Overeaters Workshop Team is preparing for the next Accountability Buddies Workshop on Sunday, September 13, 2026 at 9am PT/Noon ET/ 5pm UK). We're looking for people who have not shared before to be part of a panel to speak for 4 minutes about their experiences (prompts provided). If available and interested, please fill out this form: **<https://bit.ly/SO-WorkshopSpeaker>**

SECULAR STEP EXERCISE

Step Seven: Rebuilding

In Step Six, we identified the coping strategies that no longer serve our recovery. Awareness is an important first step; but awareness alone is rarely enough to create lasting change.

Our brains are wired through habits. Simply trying to stop an unwanted behavior often leaves a void that the old habit quickly fills again. Lasting recovery comes not just from eliminating unhealthy behaviors, but from intentionally replacing them with healthier ones that meet the same underlying need.

Step Seven is about building those new habits.

Exercise: Download and print this **worksheet**. Use the graphic to record the replacement behaviors you are developing. As you write a new behavior in each space, think about a real-life situation that would normally trigger the old behavior. Then pause and visualize yourself making a different choice. Notice how it feels, how you respond differently, and how your recovery is strengthened by that choice.

ENGAGING WITH READINGS

The Overeaters Anonymous organization recently approved a secular serenity statement for use in registered OA meetings. The statement,

adapted from Reinhold Niebuhr, reads, "I seek the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." A similar version of the statement has been used in the Secular Overeaters community for some time.

The statement brings to mind the following discussion questions:

1. How do I know when I'm trying to control something that is outside my control?
2. Can accepting reality actually create more freedom? How?
3. What is one change I know would improve my recovery but have been avoiding?
4. How has experience changed my understanding of what I can and cannot control?
5. At the end of today, how will I know I practiced serenity, courage, and wisdom?

WEBSITE HIGHLIGHT

Recovery Circles

Recovery Circles bridge the gap between meetings and sponsorship by providing a small-group setting where peers can connect and support one another in recovery. Each Recovery Circle is participant-led, with the format, guidelines, and focus determined by the members. Participants may choose to share feedback, discuss recovery resources, or explore topics of special interest. Circles may be ongoing or created for a specific purpose or length of time.

SO provides free two-hour Zoom room access for Recovery Circles, along with guides for starting and facilitating a group. Visit the [**SO Recovery Circles page**](#) for more information.

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**](#).

Urge Surfing (Website)

Urge Surfing teaches how to "ride" a craving or urge like a wave instead

of fighting it or giving in. This website gathers a collection of urge surfing resources and tutorials.-Recommended by Brandi

Brighter Bite (App)

Brighter Bite is a free eating disorder recovery app built by someone with lived experience of recovery to help people reconnect with their body's hunger and fullness cues. It offers daily check-ins, customizable meal plans, and a library of coping skills and self-compassion exercises. Available at Google Play and the Apple Store. -Anonymous

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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