



AUGUST 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the August 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.

ZOOM ALERT

Brush Up Your Zoom Hosting Skills

Seeing an uptick in Zoom bombing over the summer? (It's a thing when the kids are out of school.) Not sure how to make someone a co-host, set up a waiting room, mute all, remove a participant, or suspend a meeting? Please check out these clear and user-friendly Zoom tutorials compiled by OA San Diego.

Find slides here: <https://oasandiego.org/zoom-resources/>

Find videos (plus written instructions) here:

<https://oasandiego.org/zoom/>

Also check out Zoom's support pages at

https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0061231&_ga=2.149150325.211938194.1730420398-1377394411.1730420398#collapseWebApp

ALL FELLOWS: Please feel free to share this information in your meetings. We all benefit from a safe and well-run space.

EVENTS

Accountability Buddy Workshop for Secular Overeaters

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

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>

Food Freedom Workshop Fall 2026

Sundays | 8AM PT/11AM ET/4PM UK | Starts Sept 27 for 8 Weeks | Free

The next Food Freedom Workshop will meet for eight weekly, 90-minute sessions (last meeting November 15). Each participant also will be placed in a Recovery Circle (RC), which will meet at a mutually convenient time during the week for discussion and additional support. To register or for more information, please use this form:

<https://forms.gle/7siGBJmqRYqfpsMU7>

MEETINGS

ON BREAK UNTIL OCTOBER: DBT Skills for Recovery | Fridays

Susan B and the tech team will be on summer break until Friday, October 2, 2026. If you'd like to keep your DBT skills sharp, you can listen to Susan B on eight recordings from 2024. Check the **Managing Emotions** page, and scroll down to the second main section, SO DBT Classes.

SO Monthly Alternative Twelve-Steps Discussion

Sunday, August 16, 2026 | 9AM PT/Noon ET/5PM UK | 60 minutes

Join us for an engaging discussion of eight versions of Step Eight, and

follow along using our **Guide**. You don't need to be working the Step of the month to participate! Check **Meetings** for information.

RECORDINGS

If you were unable to attend our March 22, 2026 Accountability Buddy Workshop, you can listen by clicking the link below. To get the recordings as soon as they're available, subscribe to The Secular Overeaters Podcast wherever you listen to your favorite shows.

NEW: Accountability Buddy Workshop | March 22, 2026 | 33 min

Learn more about the concept and then hear from current Accountability Buddies David I, Lex, Rosie, and Valerie as they share their experiences. Download the information sheet: **<https://bit.ly/SO-AccountabilityBuddyInfo2022>**

SERVICE OPPORTUNITIES

Accountability Buddies Needed for Workshop Panel

The Secular Overeaters Workshop Team is preparing for the Sunday, September 13, 2026 Accountability Buddies Workshop (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 Eight: Preparing for Amends

Guilt, remorse, shame, and regret. The Step process can bring up these feelings in the recovering compulsive eater as they dissect past behavioral patterns in Steps Four through Seven. In Step Eight we look at how we can heal our wounds and the wounds we have caused others.

In *The Alternative 12 Steps: A Secular Guide to Recovery*, by Martha Cleveland and Arlys G, Step 8 says: "List all people who we have harmed, including ourselves, and be willing to make amends to them all. Be willing to forgive those who have harmed us."

We have created a **graphic** that can be used to construct an amends list and plan the best course of action. Feel free to download and print it as needed.

ENGAGING WITH READINGS

First Aid (a deity-free story from *OA Lifeline*)

1. How do you use the steps to deal with a problem?
2. Describe a time you have felt the need to self-soothe with food while in recovery. What did you do to soothe yourself?
3. What does this story teach us about “first aid”—immediate self-care—in moments of crisis or emotional pain?
4. What “on-the-spot” tools or practices have you found helpful in staying abstinent when life throws something unexpected at you?

WEBSITE HIGHLIGHTS

NEW: Non-English Twelve-Step Materials

<https://secularovereaters.org/so-non-english/>

Two volunteers recently translated our **Daily Inventory handout** into French (**<https://bit.ly/SO-FormatsDinventaire2026>**) and Spanish (**<https://bit.ly/SO-InventariosDiarios2026>**)! There are also links to other French and Spanish secular materials. If you have something non-English and secular to add to this page, **let us know!**

NEW: Secular Steps: Getting Started

<https://secularovereaters.org/so-steps-getting-started/>

All the secular Step materials have been consolidated on one page. Resources include: Step Versions, Books and Workbooks, and Secular Overeaters Step Discussion Recordings from the 2022 and 2024 monthly SO Alternative 12-Steps Discussion meetings, where one Step and its various secular versions are discussed at each meeting.

UPDATED: Podcasts and Recordings

<https://secularovereaters.org/so-podcasts/>

A volunteer recently fixed all the broken links on this page (and there were LOTS). If you scroll down to the Secular Recordings, you can find shares from the Monday Freethinkers Meetings.

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**](#).

SMART Recovery ABC Tool (Website)

A Cognitive Behavior Therapy-based worksheet for exploring beliefs that turn a trigger into an urge, fostering a pause for reflection and healthy response. —Anonymous

Self-Forgiveness Worksheet (Website)

This tool guides people through feelings of guilt and shame in preparation for making amends. Available as an online exercise or a downloadable worksheet. —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**](mailto: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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