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JUNE 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.

ANNOUNCEMENT

April 2026 Concurrent Meeting Survey Raw Results

We recently had members question SO's concurrent meeting policy, so it seemed like a good idea to get feedback from our community. This is the policy:

To maintain meeting stability, SO provides free Zoom rooms and website advertising only for new meetings that do not overlap with currently listed meetings. (Note: Exceptions can apply for in-person and non-English meetings.)

We kept the survey open for three weeks, aggressively advertised the link, and had 92 responses: 49% support the policy, 20% had no opinion,

and 31% wanted to loosen the policy. Based on these results, we are keeping the policy as-is. If you'd like to read the comments (and many good points were made!) and view the graphs, please click on the link below:

<https://bit.ly/SO-ConcurrentMeetingSurveyResults>

Please note: The SO policy *is not* an OA policy. We are two separate organizations!

EVENTS

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. We will be working, so sign in on a device that lets you download, edit, cut and paste, etc. Questions to **rwbComments@gmail.com**. Sign up by Saturday, June 6, at **<https://forms.gle/TAZQ8VZ7hNnxexDB7>**.

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 June:

6/5/26: Distress Tolerance: Clear Mind

6/12/26: Distress Tolerance: Community Reinforcement

6/19/26: Distress Tolerance: Burning Bridges and Building New Ones

6/26/26: Distress Tolerance: Alternate Rebellion and Adaptive Denial

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

Check **[Meetings](#)** for information.

SO Monthly Alternative Step Discussion

Sunday, June 21, 2026 | 9AM PT / Noon ET / 5PM UK | 60 minutes

Join us for an engaging discussion of eight versions of Step Six, 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 Six: Understanding

Many of the behaviors identified in Step Four and brought into the light in Step Five were not created out of weakness or “character defects.” They were learned responses that once served a purpose. At some point, these behaviors may have helped us survive pain, reduce fear, create comfort, avoid conflict, gain control, or meet emotional needs when healthier tools were unavailable or unknown.

Step Six invites us to look honestly and compassionately at these patterns. We explore what first triggered the behavior, what we gained from it, and when it stopped protecting us and started causing harm. When we understand the purpose a behavior once served, we become better prepared for Step Seven: choosing new behaviors that meet those same needs in healthier and more sustainable ways.

Exercise: Download and print this **worksheet**. Write one behavior in spot one and answer the prompts.

ENGAGING WITH READINGS

Expressed Emotions (a deity-free story from *OA Lifeline*)

A compulsive eater learns to look deeper into emotions.

1. What signs help you tell the difference between emotional hunger and physical hunger?
2. What healthy tools or practices help you process emotions instead of avoiding them?
3. Have you ever found that a deeper feeling was hiding beneath your first reaction? What was it?
4. What emotions are hardest for you to sit with without distracting, numbing, or avoiding them?

WEBSITE HIGHLIGHTS

Podcasts and Recordings

A volunteer just updated and fixed the broken links on our **Podcasts**

page—many thanks! In addition, secular podcasts from the Monday Freethinker meeting (which are sprinkled throughout East Bay Unity Intergroup's 500 podcast recordings) have now been pulled out and linked. Check the Secular Recordings section about two-thirds of the page down and open the accordion sections arranged by year. Enjoy!

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](#)**.

Worthy of Writing and **Paperless Process** (OA *Lifeline*)

Two OA members share how they use different writing methods in their recovery. – Recommended on the list of Deity-Free OA *Lifeline* Stories, curated by SO volunteers

One Breath at a Time: Buddhism and the Twelve Steps (Book)

This book, by Kevin Griffin, leads readers through seeking knowledge of oneself and acceptance using secular Buddhist philosophy as it explores the Twelve-Step framework. Many great meditations are included. The book is written from a secular point of view. -

Recommended by Brandi

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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