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SEPTEMBER 2026 SECULAR OVEREATERS COMMUNITY NEWSLETTER

Welcome to the September 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 Recovery Chip: A Reminder You Can Carry with You!

A beautiful brass chip features our Secular Overeaters bird & fork logo along with the message: "You Are Not Alone." The back features the Serenity Poem. It's a tangible reminder of the fellowship, connection, and encouragement that Secular Overeaters provides and can serve as a small but powerful symbol of your commitment and the community that supports you. Order your free chip today:

<https://forms.gle/gk7bwSqNxjt5vxvr7>

Help Create a Book on a Secular Approach to Working the Steps

The Secular Service Board of Overeaters Anonymous is putting

together an OA “locally produced” book of secular approaches to working the Steps. We are hosting a series of workshops, one for each step, where people can share how they work it and whatever else they think non-believers need to know. The first workshops, for Steps 1, 2, and 3, are on Sunday, August 23; Saturday, September 5; and Friday, September 18. Here’s the link:

<https://drive.google.com/file/d/1ZRqIbrN2FnpRVEJuCz7O3sTlrxjS3SI6/view?usp=sharing>

If you missed the Step 1 session on August 23, no worries! Join us for the September sessions.

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>

Food Freedom Workshop Fall 2026

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

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

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

Secular Overeaters Community Gathering

Sunday, November 8 | 9AM PT/Noon ET/5PM UK (90 Minutes)

Find out more about the Secular Overeaters Community, engage in a recovery exercise to set you up for success before the holiday season begins, and hear from author Stephanie Covington (*A Woman’s Way Through the Twelve Steps*) as she speaks on the relationship between

trauma and addiction. Register here BY MIDNIGHT, Saturday, November 7, for a reminder and the Zoom link:

<https://forms.gle/RGkAd3jGasM68XDX9>

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, September 20, 2026 | 9AM PT/Noon ET/5PM UK | 60 minutes

Join us for an engaging discussion of eight versions of Step Nine, 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 Nine: Beyond an Apology

In our struggle to manage our lives, we have developed behaviors that may have caused harm. Step Nine includes more than an apology or restitution. It requires a cessation of the behavior.

In *The Proactive Twelve Steps: A Mindful Program for Lasting Change*, Serge Prengel says: "An apology that is just an apology without changing behavior is nice, but not that great. It is much better to change how you act so that the apology corresponds to a genuine change."

Exercise: Make a Then and Now inventory. Draw a line down the middle of the paper. Under "Then" write the behaviors, fears, and thinking patterns that led to the harm. Under "Now" write what you are doing differently.

ENGAGING WITH READINGS

I Am Listening (a deity-free story from *OA Lifeline*)

1. Is there a difference between taking responsibility for how I have treated my body and being ashamed of my body? What is that difference?
2. What can my body do today that deserves appreciation, regardless of its size or appearance?
3. If I imagined my body as a person I have a relationship with, how would I describe our relationship over the years?
4. Is there anything I have been demanding from my body that it was never capable of giving me?

WEBSITE HIGHLIGHT

Start a Meeting

Do you wish there was a meeting at a particular time or on a particular topic? Visit the **Secular Overeaters website** for step-by-step instructions on starting an SO meeting and applying for a free Zoom room. Service can help others and keep your recovery strong.

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**.

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma (Book)

This book, by Bessel van der Kolk, M.D., addresses how trauma reshapes the body and brain, compromising one's capacity for "pleasure, engagement, self-control, and trust." It also explores treatments that activate the brain's natural plasticity. – Recommended on the Secular Overeaters Facebook Group

Food Junkies (Podcast)

The purpose of this podcast is to increase awareness of food addiction as a disease and abstinence as the solution. Listen online or on your favorite podcast app. – Recommended by Joni and Melissa

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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