

Call for Stories for OA's New Secular Daily Reader

Are you part of the secular, atheist, agnostic, freethinker, and/or nontraditional belief community of Overeaters Anonymous? We are working on a daily reader for you, similar to *For Today*, and we need your help: Specifically, we request submissions from you.

To contribute, select a few lines from a piece of OA-approved literature that have special meaning to you. (*Remember to cite the source of the quote, including page number.*) Then write your thoughts on the quoted passage. How does it strengthen your recovery? Please also offer a related thought and/or action for the day. Your submission should not include any references to God, Higher Power, Supreme Being, or a deity of any type. In total, writing should not exceed 800 words.

The purpose of this secular daily reader is to help readers establish and maintain recovery, regardless of their beliefs or nonbeliefs. The content will be carefully selected from contributions by OA members like you, and selections will be free from specific religious references. This daily reader is designed to motivate and inspire OA recovery using a wide range of OA-approved literature and the experience, strength, and hope of OA members.

If any of this speaks to you, or is part of your lived experience, please consider sharing your story.

Please note:

- Submissions are assumed intended for publication, are edited for length and clarity, become the property of OA, Inc., and will not be returned.
- Please include your name and contact information with your submission. You may request anonymity with publication. Your state, province, or country may also remain anonymous upon specific request.
- Submissions should be submitted via **Jotform**.
- Please keep stories to 800 words or less.
- All languages welcome!

Submit via Jotform by
January 15, 2026:



<https://form.jotform.com/220035565825050>

