

OASIS

J u n e 2 0 2 3

Responsibility Pledge

Always to extend the hand and heart of OA to all who share my compulsion, for this I am responsible.



I put my hand in yours...

...and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

New exciting things are happening with Montreal Overeaters Anonymous

Check out our new and improved website—oamontrealenglish.org
Please share your experience, strength and hope in a blog entry—send to larissap876148@gmail.com.

We now have a new **in-person** meeting on Monday nights from 7:30—8:30pm. This is a Big Book Study group. Contact person: Sandra R. 514-945-5656
Address is: Briarwood Presbyterian Church
70 Beaconsfield Blvd.,
Beaconsfield, H9W 3Z3

Bring your Big Book if you have one!

OA CALENDAR

6 June 2023: OA Tuesday Speaker meeting, 7:30pm, All are welcome. Meetings are held every week with a speaker on the 1st week of the month via Zoom (see Zoom info on next page)

7 June 2023: MFI (Montreal French Intergroup) meeting via Zoom, 7:15 pm, 312 Beaubien East, Montreal. All are welcome: meetings generally take place the first Wednesday of the month, **except in August**.

<https://zoom.us/j/7011757025?pwd=VWRwNHVTV1FDTC82Z0hzeWlmTVp6QT09>

12 June 2023: Outreach day for the month! Call a newcomer/talk to someone who is still suffering.

17 June 2023: Relapse Prevention Workshop—learn how to form relapse prevention groups.

Zoom ID: 786 171 7713 Passcode: 101112. Have the handout available from <https://oavirtualregion.org/en/relapsehandout/>

19 June 2023: Montreal English Intergroup (MEI): Monthly meeting held via Zoom at 7:30.
Zoom ID: 848 8996 4379 Passcode: 864234. All are welcome: meetings take place the third Monday of the month, except in July and December.

24 June 2023: Step 6 Workshop: OA 12&12, 2 speakers and open sharing. Zoom ID: 876 7388 6608
Password: 518096 From 10:30 am—noon. Zoom room open at 10:15. Sponsored by the Mass Bay Intergroup.

27 June 2023: Tuesday Montreal meeting in person, once a month (last Tuesday) at the Kensington Presbyterian Church. See details on the next page.

SAVE THE DATE: 13-15 Oct 2023—In-person—OA Region 6 Convention in White Plains, New York

**2023 Region 6 Convention: Welcome Home -White Plains. New York
Friday, Oct 13th - Sunday, Oct 15th**

Once again—in person, first time since 2019

Register now (and save): OA Region 6 website or call 1-888-594-6747

\$55.00 USD to August 15;

\$65.00 USD—Aug 16-Sept 28

\$75.00 - Register at the door

\$45.00 USD Friday Night Buffet dinner

\$60.00 USD - Sat Night Banquet dinner

Hotel Rooms: \$179 USD + tax/night for a King/Double

\$189 USD + tax/night for a Triple Room

\$199 USD + tax/night for a Quad Room

Never been to a convention? This is a wonderfully inspiring way to enhance your recovery, expand your network and see others doing what you thought was not possible! Just Do It!

MEI (Montreal English Intergroup) positions currently available

“A life of sane and happy usefulness” is what we are promised as the result of working the Twelve Steps. We give back what we have so generously been given. Service helps to fulfill that promise. Consider doing service by filling a position. Monthly meetings are held via Zoom.

Chair— Leads monthly meetings, establishes the agenda for all Intergroup meetings, may cast the deciding vote to make or break a tie, ensures that the general account of the Intergroup be audited annually. 6 month abstinence requirement. This is a two year commitment.

Secretary— Take minutes at monthly Intergroup meetings, send out minutes and agenda prior to monthly meetings, submit answers (provided by members) to the annual questionnaire from Region 6. 6 months abstinence requirement. This is a two year commitment.

Region 6 Representative—Serves as intermediary between the Intergroup and Region 6. Is assigned to a committee at the conference level. Attends the conference and has right of vote, 6 months abstinence requirement. This is a two year commitment.

WSO Delegate: To attend the World Service Business Conference in Albuquerque, New Mexico and to report back to IG—1 year abstinence requirement. This is a two year commitment.

Oasis Editor—Update monthly newsletter: This includes upcoming events in Montreal and can also include other locations due to Zoom capabilities, keep meeting list current, update Intergroup positions as needed and include any interesting articles or submissions from our fellows. Three month abstinence requirement and a two year commitment.

Special Events—Organize and implement two events during the year, (for example Unity Day and IDEA day) with help from other members. Six months abstinence required. This is a two year commitment.

French Liaison Representative—To attend the MFI (Montreal French Intergroup) once a month, via Zoom, to bring back information to the MEI (Montreal English Intergroup) once a month, via Zoom.

*Oasis is published monthly by the Montreal English Intergroup of Overeaters Anonymous. Please send us your writing or articles you find inspirational! Material may be reprinted without permission, and pieces must be about a personal experience or from OA/AA-approved material. Please focus on OA news, experiences, and materials, not on items or events outside OA. We reserve the right to edit submissions for spelling, length, and clarity. **Send submissions to oasiseditor@yahoo.com**. Opinions expressed in this newsletter are those of the writers, not those of the Intergroup or OA as a whole.*

LOCAL MEETINGS

* wheelchair accessible

Regular Meetings: Due to the COVID-19 pandemic, most meetings are being held via Zoom or Conference Call. Check our OA Website—oamontrealenglish.org for more info. Mostly *Virtual Meetings Until Further Notice*. **DIAL IN Instructions In Canada:** Dial 1 + (438) 809-7799, then enter ZOOM ID (listed below).

MONDAY (NEW)	7:30 PM—Big Book Study In person only	Briarwood Presbyterian Church 70 Beaconsfield Blvd	Beaconsfield H9W 3Z3
TUESDAY	7:30 PM Big Book Meeting Speaker Meeting 1st week of the month.	Marilyn (514) 481-6230 Zoom meetings every Tuesday ZOOM ID: 813 5473 0886 PASSCODE 246891	IN PERSON —last 05067 Tuesday of month Kensington Presby- terian Church 6225 Av. Godfrey
WEDNESDAY	1:30 PM “Welcome Home” Step Study CALL FIRST (in wintertime after 11 am) Hybrid mtg—in-person and	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3 ZOOM ID: 892 0851 5020	Marc D. 46677 (514) 513-4282 PASSCODE 121224
THURSDAY	7:30 PM <i>Please call**</i> ZOOM ID: 841 4308 3279 PASSCODE 135246	Alternating: Steps, Traditions, Big Book & Body Image... <i>Currently on Zoom only</i>	Mickey & Penny 05255 (450) 687-0724 (514) 262-4915 **
FRIDAY	5 PM LIVING IN THE SOLUTION Step & Tradition / Discussion meeting ZOOM ID: 837 3891 3245	<i>Currently on Zoom only</i> PASSCODE 301	Claudette 514-519-4892 Mickey 514-262-4915
SUNDAY	10:30 AM * Leader’s Choice ZOOM ID: 824 2740 8256	<i>Currently on Zoom only</i> PASSCODE 192837	Mickey & Penny 00672 (450) 687-0724 (514) 262-4915

OA English Montreal Facebook group:
<https://www.facebook.com/groups/293643022526175>

I think I’ll go to a meeting!

INTERGROUP OFFICERS

Chair:	Vacant	Region 6 Rep :	Vacant
Past Chair:	Francoise C. (438)881-3680	WSO Delegate:	Vacant
Secretary:	Vacant	OAsis Editor:	Stephanie M. (514) 229-2426
Treasurer:	Karen S. (514) 702-8883	Public Info:	Larissa P. (514) 712-5111
Literature:	Mickey P. (514)-262-4915	French Liaison:	Vacant
Twelfth Step:	Margaret M.(514) 505-0584	Special Events:	Vacant
FaceBook Rep:	Sandy D. (514) 242-4413	OA Montreal Help Line:	Mickey P. (514) 262-4915



All meetings are non-smoking and fragrance-free unless otherwise indicated. Please send prompt notice of any changes, additions, and closures to Maureen M, the Secretary (Maureen_murphy@yahoo.ca); to Margaret M., the Twelfth Step Rep (tel. numbers in the table above); and to Stephanie, the OAsis Editor (oasiseditor@yahoo.com). English OA Intergroup: 514-488-1812. French OA Intergroup: 514-490-1939.

Newsletter of Overeaters Anonymous Montreal English Intergroup
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