

OASIS

May 2023

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.

**2023 Region 6 Convention: Welcome Home -White Plains New York
Friday 13 Oct - Sunday 15 Oct
Once again—in person, first time since 2019**

Register now: OA Region 6 website or call 1-888-594-6747

\$55.00 USD to August 15;

\$45.00 USD Friday Night Buffet dinner

\$65.00 USD—Aug 16-Sept 28

\$60.00 USD - Sat Night Banquet dinner

\$75.00 - Register at the door;

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? Enhance your recovery, expand your network! Do it!

OA CALENDAR

2 & 16 May 2023: OA Tuesday Speaker meetings, 7:30pm, All are welcome. Meetings are held every week with speakers on the 1st & 3rd weeks of the month via Zoom (see Zoom info on next page)

3 May 2023: Rocking, Rolling... RELAPSE!?!@#%!! 3 relapse survivors share how they currently prevent relapse and what they did to get back on track. 6:30 pm—8:30 pm EST. Zoom ID:847 4745 7308 Passcode: 796200—Hosted by Ocean and Bay Intergroup

3 May 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>

6 May 2023: OA Virtual region Newcomer Open House 7:00am -10:00 pm EST

Zoom ID: 880 5127 6988 Passcode: 101112. Meeting topics include: Orientation, What are the 12 steps, How do I find a sponsor?, How do I develop a plan of eating, what if I don't believe in a Higher Power? And more!

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

15 May 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. For info, contact Maureen M. at 514-884-3067.

20 May 2023: Step 5 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.

20 May 2023: Relapse Prevention Workshop: 10:00am -noon EST Suggested donation \$5.00 (Paypal or Venmo to <https://oa-south-jersey.org/> Zoom ID: 228 467 1282 Passcode: recovery. Provided by the South Jersey Intergroup.

20-21 May 2023 —Virtual Region Assembly

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

OA TWELVE STEP WORKSHOP

Tuesdays 6:00-8:00 PM Eastern Daylight Time
May 16-August 22

Presented by OA Greater Detroit Intergroup
Online Zoom Meetings in English.

This is a 15 week commitment with homework.

The following OA-approved literature will be used for weekly readings and assignments:

- The Twelve Step Workshop and Study Guide Workbook.
- The Twelve Steps and Twelve Traditions of Overeaters Anonymous, 2nd Edition.
 - Alcoholics Anonymous (Big Book), 4th Edition.
 - Voices of Recovery
 - For Today
- The Twelve Steps and Twelve Traditions of Alcoholics Anonymous
 - Overeaters Anonymous, 3rd Edition

Books can be purchased at the Overeaters Anonymous, Inc. bookstore: bookstore.oa.org

For more information, or to register, contact

Sharon at 810-305-8716 or sharonhiller@comcast.net or

Ashley at 586-854-3477 or labuttea@gmail.com.

7th Tradition Contributions can be made to OA Greater Detroit Intergroup at

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.

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.

*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).

TUESDAY	7:30 PM * Big Book Meeting Speaker Meeting 1st & 3rd Weeks of the month.	Marilyn (514) 481-6230 Zoom meetings every Tuesday ZOOM ID: 813 5473 0886 PASSCODE 246891	IN PERSON —last Tuesday of month Kensington Presby- terian Church 6225 Av. Godfrey	05067
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. (514) 513-4282 PASSCODE 121224	46677
THURSDAY	7:30 PM * Alternating: Steps, Tradi- tions, Big Book & Body Image... <i>Please call**</i> ZOOM ID: 841 4308 3279	SAUL-BELLOW LIBRARY 3100 rue Saint-Antoine (corner of 32nd) Lachine, QC H8S 4B8 <i>Currently on Zoom only</i> PASSCODE 135246	Mickey & Penny (450) 687-0724 (514) 262-4915 **	05255
FRIDAY (NEW)	5 PM LIVING IN THE SOLUTION Step & Tradition / Discussion meeting ZOOM ID: 837 3891 3245 10:30 AM *	<i>Currently on Zoom only</i> PASSCODE 301	Claudette 514-519-4892 Karen 514-702-8883	
SUNDAY	Leader’s Choice ZOOM ID: 824 2740 8256	<i>Currently on Zoom only</i> PASSCODE 192837	Mickey & Penny (450) 687-0724 (514) 262-4915	00672

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:	Maureen M. (514) 884-3067	OAsis Editor:	Stephanie M. (514) 229-2426
Treasurer:	Karen S. (514) 702-8883	Public Info:	Larissa (514) 712-5111
Literature:	Mickey P. (514)-262-4915	French Liaison:	Vacant
Twelfth Step:	Margaret M.(514) 505-0584	Special Events:	Vacant
FaceBook Rep:	Vacant	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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