

OASIS

January 2022

Responsibility Pledge

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



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.

Happy New Year greetings to everybody!

On the next page, I am sharing, with permission, a personal version of the Third Step Prayer. This was shared from one of the speakers we had recently at the Tuesday night Montreal West group, from Rick J.

Yours in Service, actively trying to maintain an Attitude of Gratitude,
Stephanie M.

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.

OA CALENDAR

1 Jan 2022: New Year's Day marathon! Leads every hour on the hour! Sponsored by the Cleveland Central Intergroup. Zoom, 9:00 am 3 ;00 pm EST Zoom 273 862 8468 Password: steps

1 Jan 2022 : OA Virtual Intergroup Telephone Marathon Step 1 Spiritual Principle Honesty—Surrender is Winning. 712-432-5200 Conference id # 4285115. Meetings every hour from 8:00 AM to Midnight.

4 & 18 Jan 2022: 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)

5 Jan 2022: 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.**

7, 8, or 9th Jan 2022: OA Lifeline creative workshop: Create and tell your story in a new way or share your creative skills to help other! Info and registration at oa.org/lifeline

12 Jan 2022: Outreach day for the month! Call a newcomer/talk to someone who is still suffering.

14-16 Jan 2022: 2022 OA Birthday Party via Zoom - SAVE THE DATE! Come join the LA OA Intergroup.

15 and 29 Jan 2022: OA Quick Steps Workshop: For newcomers or anyone wanting help to get through the Steps. Two sessions 10:00—1:30 pm EDT. Registration limited so contact unityquicksteps@gmail.com NOW, if you want to reserve your spot.

17 Jan 2022: Montreal English Intergroup (MEI): Monthly meeting will be 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.

18-20 Feb. 2022: SAVE THE DATE—3rd OA Virtual Region Convention. “There is a Solution”. More information coming soon -oavirtualregion.org

God, I trust You.
 I am completely Yours to remake me in Your loving hands.
 Remove all of me that blocks me from You,
 so that all my actions and words, my thinking and motives
 will reach those people You place in my life,
 so that they may truly feel Your
 Power,
 love
 and way of life through me.
 May I continue to do Your will
 by working these Steps
 and being there for others.

Contributed by Rick J.

Please note that any personal submissions express the experience of the individual member and do not represent OA as a whole. **Send submissions to oasiseditor@yahoo.com.**

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 for this one position. This is a two year commitment.

Public Information / Public Outreach— Lead projects to carry the message outside OA —6 month abstinence requirement for this one position. This is a one 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,

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

*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, all meetings are being held via Zoom or Conference Call. Check our OA Website—oamontrealenglish.org for more info. *Virtual Meetings Only 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. ZOOM ID: 813 5473 0886	MONTREAL WEST UNITED CHURCH 88 Ballantyne Ave Montreal West, H4X 2B8 PASSCODE 246891	Marilyn (514) 481-6230	05067
WEDNESDAY	1:30 PM * "Welcome Home" Step Study CALL FIRST (in wintertime after 11 am) ZOOM ID: 892 0851 5020	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3 PASSCODE 121224	Sylvie (514) 757-1352 Marc D. (514) 513-4282	46677
THURSDAY	7:30 PM * Alternating: Steps, Traditions, 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 PASSCODE 135246	Mickey & Penny (450) 687-0724 (514) 262-4915 **	05255
SUNDAY	10:30 AM * Leader's Choice ZOOM ID: 824 2740 8256 PASSCODE 192837	AGAPE 3950 Notre-Dame Blvd. (Near Corner of Cure Labelle) Chomedey, Laval H7W 1S7	Mickey & Penny (450) 687-0724 (514) 262-4915	00672
	3:00 PM OA 12 & 12 Alternating Steps & Traditions PHONE IN: 438-338-0358	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1 PIN: 5144846314#	Brownie 438-274-9416	05986

INTERGROUP OFFICERS

Chair:	Vacant	Region 6 Rep :	Vacant
Past Chair:	Vacant	WSO Delegate:	Vacant
Secretary:	Maureen M. (514) 884-3067	OAsis Editor:	Stephanie M. (514) 229-2426
Treasurer:	Karen S. (514) 702-8883	Public Info:	Vacant
Literature:	Kim K. (514)-619-2764	French Liaison: (Int.)	Sandy D. (514) 242-4413
Twelfth Step:	Margaret M.(514) 505-0584	Special Events:	Ela F. (514) 824-1518
FaceBook Rep:	Sandy D. (514) 242-4413		

I think I'll go to a
meeting!



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_murphy1@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.

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