

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.

Dear Readers,

Please note that the Friday evening meeting is temporarily closing starting Aug 5th and resuming Sept 9th, 2022. Meanwhile, check out the calendar on the last page for many other local meetings.

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

OA CALENDAR

2 & 16 Aug 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)

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

14 Aug 2022: OA Virtual Region 2nd Sunday Workshop: Practicing these Principles in all our affairs 3:00-4:30pm (EST) Zoom ID: 891 6554 0024 Password: 120912

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

15 Aug 2022: 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.

21 Aug 2022: OA Marathon from Virtual Intergroup. Sponsorship Day: Tradition 7 Spiritual Principle—Responsibility—"Always to Extend the Hand and Heart to Those Who Share My Compulsion: For This I Am Responsible". Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

27 Aug 2022: Video Interview with our Founder, Rozanne—filmed for OA's 40th anniversary. Zoom ID: 826 6981 6276 passcode: 133839. Phone: 408-638-0968 For more info; contact Anna—916-622-4250 (Sacramento California Intergroup). 4:00 pm -5:30 pm (EST)

Thanks to Sandy S. for this month's personal contribution!

Our own unsteady willpower

At the end of my weekly OA meeting, we read the promises that state that we cannot rely “upon our own unsteady willpower.” As I have often grappled with the notion of “willpower”, this part of the reading really speaks to me.

I have often felt myself split into two: the “me” who wants to eat what I want to eat when I want to eat it – to escape pain or to regulate my emotions in some way – and the “me” who wants to have a healthy relationship with food and to eat in a healthy manner.

I finally came to realize that no matter how wonderful the part of me is that wants the healthy relationship with food, in and of itself, it isn't strong enough. It is indeed unsteady. One day the motivation can be strong enough to let me stick to my food plan. The next day, for a variety of reasons, it just isn't there and the other part of me – or the impulse to eat impulsively – can take over.

So, the side of me that wants to eat in a healthy manner needs help: Needs strength and reinforcement. I get this by developing a food plan, going to meetings, doing service, checking in with an OA buddy to ensure accountability, working the steps, and engaging in prayer and meditation. In other words, I need to reach out to others and a higher power for this to work.

“Reaching out our hands for power and strength greater than ours.”

Sandy S.

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.

Treasurer—Accounts for group donations, coordinates expenses as needed, provides monthly report at Intergroup meetings. 6 month abstinence requirement. 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 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 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) 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	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
FRIDAY (NEW)	5 PM * Temporarily Closed: Step & Tradition / Discussion meeting ZOOM ID: 837 3891 3245	Starting Aug 5th & Resuming Sept 9th	Claudette 514-519-4892 Karen 514-702-8883	
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

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 :	Claudette B. (514) 519-4892
Past Chair:	Vacant	WSO Delegate:	Vacant
Secretary:	Maureen M. (514) 884-3067	OAsis Editor:	Stephanie M. (514) 229-2426
Treasurer:	Vacant	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:	Vacant
FaceBook Rep:	Sandy D. (514) 242-4413	OA Montreal Help Line:	Mickey (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
3-1845 Avenue Albert-Murphy, Laval, QC, Canada H7T 1J3

Tel: (514) 488-1812 **Website:** oamontrealenglish.org **Web Contact:** oamotrealinfo@gmail.com