

## 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,

I hope this newsletter finds everyone safe and healthy! I just want to remind you that the Montreal English Intergroup has several positions open. Doing service is one of the best ways to enhance your program. All levels of involvement are available. The Chair position is a monthly commitment whereas Special Events is only twice a year. If you are wanting to expand your network and meet more of your fellows, the Region 6 Rep or the WSO Delegate can help with that. Remember—the more we give—the more we get back. Stay well!

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

## OA CALENDAR

**6 & 20 Dec 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)

**7 Dec 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>

**11 Dec 2022:** OA Virtual Region 2nd Sunday Workshop: S: 3:00-4:30pm (EST) Zoom ID: 891 6554 0024 Password: 120912

**12 Dec 2022:** OA Marathon from Virtual Intergroup. Step 12: Spiritual Principle: Service-How Do I Practice “The Twelfth Step Within”? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

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

**18 Dec 2022:** OA Marathon from Virtual Intergroup. Don't Stop Before the Miracle Happens. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

Montreal English Intergroup (MEI): No meeting in December.

**24 Dec 2022:** OA Marathon from Virtual Intergroup. Tradition 12 Spiritual Principle –Spirituality—What Does My Spirituality Look Like Now? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**25 Dec 2022:** OA Marathon from Virtual Intergroup. The Gifts This Program Has Given Me. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**26 Dec 2022:** OA Marathon from Virtual Intergroup. What Gifts Do I Offer and Receive By Working My Program of Recovery? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**31 Dec 2022:** OA Marathon from Virtual Intergroup. Taking a Personal Inventory: What Can I Learn From Looking Back? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**1 Jan 2023:** OA Marathon from Virtual Intergroup. We can start Over Anytime. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

Title: Stop Baby Girl- You CANNOT reason a binge

STOP Baby Girl: You are a child of God, You are a Queen here on this earth & you have been given your 1 temple to cherish & travel through this journey of life through. You MUST take good care of this body rented to you. NO stress, NO person, NO grief, NO anger, or “Urgency” is worth you giving it up & into glutinous food consumption. You worked too hard for that \$, people--animals worked HARDER to produce that food —you can NOT REASON A BINGE.

Written by Jacki A. (Connecticut)

Please note that any personal submissions express the experience of the individual member and do not represent OA as a whole.

### 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.

**Special Events**—Organize and implement two events during the year, (for example Unity Day and IDEA day) with help from other members, 6 months 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, most meetings are being held via Zoom or Conference Call. Check our OA Website—[oamontrealenglish.org](http://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).

<b>TUESDAY</b>	<b>7:30 PM *</b> Big Book Meeting Speaker Meeting 1st & 3rd Weeks of the month. <b>ZOOM ID: 813 5473 0886</b>	KENSINGTON PRESBYTERIAN 6225 Av. Godfrey In person—use intercom if the church is locked <b>PASSCODE 246891</b>	Marilyn (514) 481-6230 **Last Tuesday of the month is in per- son and on Zoom	05067
<b>WEDNESDAY</b>	<b>1:30 PM *</b> “Welcome Home” Step Study CALL FIRST (in wintertime after 11 am) <b>Hybrid mtg—in-person and</b>	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3 <b>ZOOM ID: 892 0851 5020</b>	Marc D. (514) 513-4282     <b>PASSCODE 121224</b>	46677
<b>THURSDAY</b>	<b>7:30 PM *</b> Alternating: Steps, Tradi- tions, Big Book & Body Image... <i>Please call**</i> <b>ZOOM ID: 841 4308 3279</b>	SAUL-BELLOW LIBRARY 3100 rue Saint-Antoine (corner of 32nd) Lachine, QC H8S 4B8 <b>PASSCODE 135246</b>	Mickey & Penny (450) 687-0724 (514) 262-4915 **	05255
<b>FRIDAY (NEW)</b>	<b>5 PM</b> LIVING IN THE SOLUTION Step & Tradition / Discussion meeting <b>ZOOM ID: 837 3891 3245</b>		Claudette 514-519-4892 Karen 514-702-8883	
<b>SUNDAY</b>	<b>10:30 AM *</b> Leader’s Choice <b>ZOOM ID: 824 2740 8256</b> <b>PASSCODE 192837</b>	Currently on Zoom only	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.	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:	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](mailto: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](mailto: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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