

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.

Dear Readers!

The February calendar is full with many options for enhancing and maintaining our growth and strength in this program.

Of special note is the Unity Day program, sponsored by the Montreal English Intergroup. Feel free to invite your friends to come hear some great recovery!

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 & 15 Feb 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)

2 Feb 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.**

11 Feb 2022: PS I Love You Body Image workshop—7:00 PM—8:30 PM EST hosted by Nassau County OA. Zoom ID: 774 646 690 Password: 535356

12 Feb 2022: The Finding God Chapters in the Big Book workshop. Three great speakers—12:30—3:30 PM EST. Zoom ID: 825 0802 7460 Password: 021222. Suggested donation is \$5.00—Venmo or Zelle to njioapay@gmail.com. Donation is not required.

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

18-20 Feb. 2022: 3rd OA Virtual Region Convention. “There is a Solution”. Registration is now open—oavirtualregion.org. Keynote speaker, Steps Sessions and Stepping Around the World Workshops!

20 Feb 2022: “Meet” Rozanne, OA Founder! View video recording from 2000, of Rozanne telling her story and the story of OA’s founding. Presented jointly by Houston, Ocean and Bay, and Southeastern Connecticut Intergroups. 8:00 PM to 9:00 PM EST. Zoom ID: 863 1665 1362 Password: 2020

21 Feb 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.

26 Feb. 2022 : Montreal English Intergroup Unity Day workshop at 11:30 AM—1:00 PM EST. Multiple speakers will share their experience, strength and hope. Zoom ID: 821 7178 8739 (No Password)

29 Apr -1 May—SAVE THE DATE: Big Book 12 Step Study with guest speaker hosted by OA Montreal English Intergroup . Only 24 spots available. \$170.00/person (includes 2 nights and 6 meals).

What is Unity Day?

Unity Day was created to reaffirm the love and understanding shared by members of our Fellowship—with an emphasis on Tradition One: “Our common welfare should come first; personal recovery depends on OA unity.” In order to strengthen their common bond, groups at the all levels hold special meetings and events about unity, observing a moment of silence at 11:30 a.m.

Please come join us on February 26th. Mark your calendar now and celebrate with the Montreal English Intergroup. 11:30 am - 1:00pm EST —ZOOM ID: 821 7178 8739 (No Password).

Here is a little history on Unity Day.

- At the World Service Business Conference (WSBC) of 1986, a policy was adopted that Overeaters Anonymous celebrate an annual worldwide Unity Day, to be held on Saturday February 14, 1987. The moment of unity was scheduled as 11:30 a.m. PST, and the theme for this occasion was “Love Across the Fellowship.”
- In 1996, the policy was revised to establish the last Saturday in February for OA Unity Day.
- At the 1998 WSBC, a policy motion was proposed to change Unity Day from February of each year to the third Saturday of January, which is close to OA’s birthday.
- In 2018, WSBC delegates voted to update this celebration to alternate weekend days for the sake of inclusivity in our Fellowship.

Unity Day is now celebrated on the last Saturday of February in even years and the last Sunday in February in odd years.

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.

Treasurer—Accounts for group donations, coordinates expenses as needed, provides monthly report at Intergroup meetings. 6 month abstinence requirement.

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:	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:	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.

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: oamontrealinfo@gmail.com