

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,

The OA Virtual Region 2023 Convention will be March 3-5! The theme is "There is a Solution". Register now at oavirtualregion.org. See the option to insert an amount of \$5/\$10/\$15/\$25/\$35/\$50. This sliding scale allows fellows to pay what they can afford. Your contribution supports the Virtual Region in carrying the message world-wide NOTE* If you have been in OA less than 90 days, a free ticket is being offered Email registration@oavirtualregion.org.

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

OA CALENDAR

1 Feb 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 Feb 2023: Big Book Workshop 2:30pm—4:00pm EST—Learn how to apply the 12 Steps in your life. Zoom ID: 820 0012 9994 (passcode 820077). Group conscience states that all who attend have their cameras turned on and be visible.

7 & 21 Feb Jan 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)

11 Feb 2023: A Design for Living Intergroup hosts a monthly speaker series: 3:30—5:00pm EST. Zoom ID: 200 540 624—no password required.

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

20 Feb 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.

26 Feb 2023: Region 6 Intergroup Forum 4:00-5:00 EST . The Forum helps build community within the Region and to make connections with and learn from each other. Contact Beth at region6trustee@gmail.com to get on the mailing list.

7, 21, 28 Feb 2023: Central Ontario Intergroup offers a Quick Step Workshop over five sessions, starting Jan 31—6:00—7:30 pm EST. (Other dates are Feb. 7, 21, 28 and March 7, via Zoom or phone. Free—optional donation. To register: email coquicksteps@oantario.org. You don't have to attend every session.

3-5 Mar 2023: Virtual Region Convention—Registration is open now!

Overeaters Anonymous Region 6 covers New York, Connecticut, Massachusetts, Rhode Island, New Hampshire, Maine, Vermont, Newfoundland & Labrador, Prince Edward Island, Central & Eastern Ontario, Quebec, New Brunswick, Nova Scotia and Bermuda.

IMPORTANT : INTERGROUP FORUM 2023 CALENDAR

Dear Region 6 Intergroup Chairs **and interested members:**

The Intergroup Forums, offered by the Region 6 Chair and Trustee Liaison, will Continue to be held on Sundays from 4:00 to 5:00pm Eastern time, beginning in January.

The purpose of the Forum is to help build community within the Region, to make connections with and learn from each other. Some months our members present topics of interest; other months we have general discussions and questions.

If you would like to get more information about future Forums, please contact Beth at region6trustee@gmail.com to be added to the mailing list.

We always appreciate your suggestions for future for IG Forum topics. Perhaps your Intergroup or your Region 6 committee has a topic or presentation they would like to share with the region. Let us know!

Carmen and Beth

Upcoming dates are: February 26, March 26, May 28, June 25.

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. 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. ZOOM ID: 813 5473 0886	KENSINGTON PRESBYTERIAN 6225 Av. Godfrey In person—use intercom if the church is locked PASSCODE 246891	Marilyn (514) 481-6230 **Last Tuesday of the month is in per- son and on Zoom	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>	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	<i>Currently on Zoom only</i>	Claudette 514-519-4892 Karen 514-702-8883	
SUNDAY	10:30 AM * Leader’s Choice ZOOM ID: 824 2740 8256 PASSCODE 192837	<i>Currently on Zoom only</i>	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:	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

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