

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,

As I usher in a New Year, I find myself reflecting on the past. What worked well? What could I have done better? What are the tools that I often forget about? How can I stay more connected? What am I grateful for? How can I be of service?

I try not to make resolutions that I won't stick to, so it helps to be reasonable about my expectations. These questions can guide my actions moving forward ...one day at a time. I wish everyone health, happiness, serenity and abstinence.

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

OA CALENDAR

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#

3 & 17 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)

4 Jan 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>

7 Jan 2023: A Design for Living Intergroup hosts a monthly speaker series: January "Bill's Story" 3:30—5:00pm EST. Zoom ID: 200 540624—no password required

8 Jan 2023: OA Trivia Game Birthday Bonanza! Celebrate OA's 63rd birthday. Zoom ID: 875 6908 5435: Password: 447099—1:00 pm—2:30pm—Eastern Time . Zoom room open until 3:00pm for fellowship. Birthday hats and costumes optional. Contact Susan at sharabi4@bezeqint.net for questions.

8 Jan 2023: New Year Fresh Start—Steps 1,2,3—2 speakers with Q&A. Zoom ID: 914 9995 6265
Password: 1212 - 3:00pm—4:30pm EST

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

16 Jan 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.

22 Jan 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.

31 Jan 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@oaontario.org. You don't have to attend every session.

3-5 Mar 2023: Virtual Region Convention—SAVE THE DATE

Listed below are some sayings that I have accumulated over the years. Most of these came from fellow or members or from speakers. Please note that personal submissions express the experience of the individual member(s) and do not represent OA as a whole.

- TALK – Tolerance / Acceptance / Love / Kindness
- If I live in the answer, the problem goes away.
- When I can't see the bright side, I can polish the dull side
- Stay conscious of what goes in my mouth and use the steps to stay conscious of what comes out of it
- The most abstinent person is the one who got up the earliest
- My mind is a dangerous neighborhood to be in alone.
- Every day rent is due on my abstinence
- My disease does not take a vacation from me, so I cant take a vacation from abstinence
- The person I am when I wake up in the morning is not the same person as when I go to bed that night.
- Shame dies when our stories are shared in a safe space.
- Nothing tastes as good as abstinence feels.
- Go to bed abstinent, Wake up an addict.
- I can't stay clean on yesterday's shower.
- I came for the vanity and stayed for the sanity
- I am enough. I do enough. I have enough.
- Thoughts are not actions: cravings are not commands

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.

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.

Region 6 Representative—Serves as intermediary between the Intergroup and Region 6. Is assigned to a committee at the conference level. Attends the conference twice a year in Albany, NY and has right of vote, 6 months 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> 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 LIVING IN THE SOLUTION Step & Tradition / Discussion meeting ZOOM ID: 837 3891 3245	PASSCODE 301	Claudette 514-519-4892 Karen 514-702-8883	
SUNDAY	10:30 AM * Leader’s Choice ZOOM ID: 824 2740 8256 PASSCODE 192837	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. (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 S. (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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