

# OASIS

J u n e 2 0 2 2

## 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,

We regret to announce that the Sunday afternoon meeting at Chabad House is no longer available. Thanks to those members that started it and those that kept it going for so many years. Our hope is that anyone attending that meeting has found another one to attend. We are lucky to have quite a selection of meetings in Montreal, not to mention all the Zoom options these days.

Check out the meeting list for our new Friday Zoom meeting.

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

## OA CALENDAR

**1 June 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>

**7 & 21 June 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)

**11 June 2022:** OA Marathon from Virtual Intergroup. Step 6 Spiritual Principle- Willingness- What Ways Do I Practice Willingness in My OA Program? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**12 June 2022:** OA Virtual Region 2nd Sunday Workshop: Gratitude As An Action Word 3:00—4:30pm (EST)  
Zoom ID: 891 6554 0024 Password: 120912

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

**12 June 2022:** Different Approaches to Sponsoring—Connecticut Intergroup 2:00—4:00 pm EST. For Zoom ID and Password, email: Secretaryctig@gmail.com

**12 June 2022:** The History of O.A. By Those Who Watched it Unfold. A long-timer will be speaking from the perspective of being Rozanne's (Founder of OA) sponsee. There will other Old-Timers sharing little known facts about Rozanne, along with time for question, answers, and comments. It will end with a beautiful meditation called "Building Gods House." Meeting ID: 848 0744 9339 Passcode: 768393

**19 June 2022:** OA Marathon from Virtual Intergroup. Tradition 6 Spiritual Principle- Solidarity- Together We Can Do What We Cannot Do Alone Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**20 June 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.

I have always loved the Promises. It recently came to my attention that there are twelve of them. Was that intentional? Who knows? Here they are, with my own personal expanded interpretations. Take what you like and leave the rest.

- 1. We are going to know a new freedom and a new happiness.** This promise indicates that I can experience relief from my addiction. A new life of happiness can be mine if I follow this program.
- 2. We will not regret the past nor wish to shut the door on it.** This promise reminds me that I cannot undo the past. I can learn to accept what has happened and move forward, I do not have to carry my guilt with me.
- 3. We will comprehend the word serenity.** This promise says I can find and understand a new calmness, something called serenity.
- 4. We will know peace.** This 4<sup>th</sup> promise is a continuation of the 3<sup>rd</sup> promise. It reminds me that I truly can experience a life of peace.
- 5. No matter how far down the scale we have gone, we will see how our experience can benefit others.** This promise reminds me that no matter what I have been through, when I share my experiences, others may benefit, just as I benefit from their experiences.
- 6. That feeling of uselessness and self-pity will disappear.** If I work the steps, I can feel my life changing. When I shed my self-pity, I gain meaning and purpose.
- 7. We will lose interest in selfish things and gain interest in our fellows.** When I work with others to find recovery, it helps me get outside of myself. I can begin to develop a genuine interest in others.
- 8. Self-seeking will slip away.** If I work the steps, I lose the focus on myself.
- 9. Our whole attitude and outlook upon life will change.** One of the miracles of this program is that by shifting my perspective, I can imagine a life of happiness.
- 10. Fear of people and economic insecurity will leave us.** If I can turn my will over to my Higher Power, I no longer have to live in fear of others and I can maintain financial security.
- 11. We will intuitively know how to handle situations that used to baffle us.** With the new tools at hand, I can tap in to a whole new set of resources that allow me to look at situations differently and understand them in a new way.
- 12. We will suddenly realize that God is doing for us what we could not do for ourselves.** If I can surrender my will, my Higher Power can be a guiding force in my life. (submitted by Stephanie M).

## 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.

**OA MEI Phone line:** To check your phone for incoming calls or text from people looking for a meeting or asking for info about OA. Must be bilingual to also direct calls to the MFI (Montreal French Intergroup) phone line. — No abstinence requirement but must be attending meetings regularly. For more info, contact Mickey @ 514-262-4915. 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](mailto: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](http://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).

<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>	MONTREAL WEST UNITED CHURCH 88 Ballantyne Ave Montreal West, H4X 2B8 <b>PASSCODE 246891</b>	Marilyn (514) 481-6230	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	46677
<b>THURSDAY</b>	<b>7:30 PM *</b> Alternating: Steps, Traditions, 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> 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>	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		



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

3-1845 Avenue Albert-Murphy, Laval, QC, Canada H7T 1J3

Tel: (514) 488-1812 **Website:** [oamontrealenglish.org](http://oamontrealenglish.org) **Web Contact:** [oamotrealinfo@gmail.com](mailto:oamotrealinfo@gmail.com)