

# OASIS

March 2022

## 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.

*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.*

Dear Readers!

Does your program need a “boost”? Are you ready to mingle with others in person? Is it time to try something new? Well—look no further than the upcoming Big Book Study Retreat hosted by the Montreal English Intergroup. A weekend filled with great recovery and tons of inspiration. Connect with old friends and make some new ones. Get out of your comfort zone and walk through the 12 Steps in a way you have never tried before. See the calendar for details!

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

## OA CALENDAR

**1 & 15 Mar 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 Mar 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.**

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

**13 Mar 2022:** OA Virtual Region 2nd Sunday Workshop: The Next Right Thought or Action. 3:00—4:30pm (EST) Zoom ID: 891 6554 0024 Password: 120912

**20 Mar 2022:** North Jersey Intergroup presents Measuring Out My Life: How I Work My Life Around Program 2:00-4:00 pm EST. great speakers from around the country. Zoom ID: 821 9001 8830 Password: 032022. For info, please contact Judy L. at gratefuljudy@yahoo.com. Suggested donation is \$5.00, give what you can. Your presence is more important than your money.

**21 Mar 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.

**27 Mar 2022:** Los Angeles Intergroup presents A 12-Step Body Image Workshop. 1:00—4:00pm EST. Bring pen and paper: come ready to work and to hear two members share how they are living freely today in their bodies as a result of working the steps. Go to OALAIG to register and the Zoom link will be sent to you.

**29 Apr -1 May—RESERVE YOUR SPOT NOW:** Big Book 12 Step Study with guest speaker. \$170.00/person (includes 2 nights and 6 meals). Info and reservations: Ela: 514-824-1518 or Mickey: 514-262-4915

Thank you to member Marilyn C for submitting the following:

I am very grateful that I was able to join the zoom version of the 62nd OA birthday celebration sponsored by the LA Intergroup on Jan 14-16. The following are some of the inspirational comments that I heard.

If I stay in self pity or any other character defect, I am in the disease not in recovery.

The disease sits with its hand out waiting to welcome me.

What feels like "seemingly bad" is actually "a window of opportunity", the theme of the birthday party.

I do not need to learn how to eat 3 or 4 times a day, I need to learn how to stop eating 3 or 4 times a day (a quote from our founder Rozanne).

I need to forgive when the fault is elsewhere and admit it when the fault is mine.

I will never be cured but I can have a daily reprieve.

Growing old is inevitable, growing up is optional. The steps guide me in becoming an adult.

When working on steps 4-9, I do not need to relive the trauma.

It is an honor to be a member of OA.

In service,  
Marilyn C.

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 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](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>ZOOM ID: 892 0851 5020</b>	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3 <b>PASSCODE 121224</b>	Sylvie (514) 757-1352  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>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
	<b>3:00 PM</b> OA 12 & 12 Alternating Steps & Traditions <b>PHONE IN: 438-338-0358</b>	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1 <b>PIN: 5144846314#</b>	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:	Vacant
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](mailto: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](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 Albert-Murphy Ave., Laval, QC, Canada H7T 1J3  
 Tel: (514) 488-1812 **Website:** [oamontrealenglish.org](http://oamontrealenglish.org)  
**Web Contact:** [oamontrealinfo@gmail.com](mailto:oamontrealinfo@gmail.com)