

## 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,

Exciting news!

Region 6 welcomes you to the first IN PERSON convention since 2019!

SAVE THE DATE! October 13-15, 2023

To be held at the Sonesta Hotel in White Plains New York  
Stay tuned for more information!

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

## OA CALENDAR

**1 Mar 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>

**3-5 Mar 2023:** Virtual Region Convention

**7 & 21 Mar 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)

**7 Mar 2023:** Central Ontario Intergroup offers a Quick Step Workshop over five sessions, starting Jan 31—6:00—7:30 pm EST, via Zoom or phone. Free—optional donation. To register: email [coquick-steps@oaontario.org](mailto:coquick-steps@oaontario.org). This is the last session.

**11 Mar 2023:** A Design for Living (Big Book OA) Intergroup hosts a monthly speaker series: “More about Alcoholism” 3:30—5:00pm EST. Zoom ID: 200 540 624—no password required.

**12 Mar 2023:** Meditation & Spirituality: Improving Conscious Contact with Higher Power. 2:00-3:30pm EST Zoom ID: 840 2425 0659 Passcode: 687242. Two speakers, Open Sharing, Breakout Session, Guided Meditation. Provided by the Philadelphia Area Intergroup of OA.

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

**18 Mar 2023:** A Design for Living (Big Book OA) Intergroup presents: Staying In The Moment: Zoom ID: 200 540 624—no password required.

**19 Mar 2023:** NYC Metro IG's 12th Step Within committee presents a Recovery from Relapse Workshop. 2:00—3:00pm Zoom ID: 844 072 9077 Passcode: 432621

**20 Mar 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.

**28 Mar 2023:** Tuesday Montreal meeting in person, once a month at the Kensington Presbyterian Church. See details on the next page.

Expectations.....

Expectations often get me in trouble. If I hold on to my expectations, they can lead me down a path to resentment or sadness and that almost always leads me to a place where I want to overeat. It has been hard for me over the years to find a balance between my own values or boundaries versus expectations. One of the very first things we learn in this program is the serenity prayer, with the first line asking for serenity to accept the things we cannot change. Expectation is the complete opposite of acceptance.

I have had to teach myself to let go of expectations and turn them over to my higher power. Turning things over to my HP did not come naturally to me. In some ways I suppose it was because I could not imagine a life where I did not have full control of everything around me. It has been a long process of listening and reading in OA meetings and figuring out exactly how and what turning things over means to me.

Today when I find myself expecting something, I am most often able to let go of that feeling and replace it with acceptance. I am not perfect at doing this, some days it is hard. Adult children have taught me a lot about acceptance and turning things over to my higher power. Living with a partner that I love and respect also teaches me. However, continuing to practice my OA program remains my biggest teacher.

All of this is a lot easier to do when I am abstinent. When I am in the food, expectations and resentment are magnified and I cannot think clearly. The food blocks my connection to my higher power. After all these years of learning and practicing, I never want to go back to the way things used to be. One day at a time, I learn to release expectations and replace them with acceptance.

Rebecca 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. 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](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, most meetings are being held via Zoom or Conference Call. Check our OA Website—[oamontrealenglish.org](http://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).

<b>TUESDAY</b>	<b>7:30 PM *</b> Big Book Meeting Speaker Meeting 1st & 3rd Weeks of the month.	Marilyn (514) 481-6230 Zoom meetings every Tuesday <b>ZOOM ID: 813 5473 0886</b> <b>PASSCODE 246891</b>	<b>IN PERSON</b> —last Tuesday of month Kensington Presby- terian Church 6225 Av. Godfrey	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, Tradi- tions, Big Book & Body Image... <i>Please call!**</i> <b>ZOOM ID: 841 4308 3279</b>	<i>Currently on Zoom only</i> 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> LIVING IN THE SOLUTION Step & Tradition / Discussion meeting <b>ZOOM ID: 837 3891 3245</b>	<i>Currently on Zoom only</i>	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>	<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](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  
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 Tel: (514) 488-1812 **Website:** [oamontrealenglish.org](http://oamontrealenglish.org) **Web Contact:** [oamotrealinfo@gmail.com](mailto:oamotrealinfo@gmail.com)