

OASIS

May 2022

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.

Happy Spring to everyone!

Note in the calendar, the OA Virtual Region has started doing Marathon Workshops every month. These workshops fall on various holidays and are a great way to enhance your program. Check it out and spread the word!

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

OA CALENDAR

1 May 2022: OA Marathon from Virtual Intergroup. What Makes Me Feel Nourished and Satisfied? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

3 & 17 May 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)

4 May 2022: Speaker Workshop: Came To Believe: Finding the Higher Power of Your Understanding: via Zoom, ID: 837 3177 1987 Passcode: 200730 Dial in: 1-646-558-8656 6:30-8:30 pm EDT . Sponsored by the Ocean and Bay Intergroup (Rhode Island, SE Massachusetts and SE Connecticut).

4 May 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>

5 May 2022: OA Marathon from Virtual Intergroup. How Do You Practice Diversity in Your OA Program? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

8 May 2022: OA Marathon from Virtual Intergroup. Step 5 Spiritual Principle—Integrity—Admission of Our Wrongs to Keep Integrity Strong. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

8 May 2022: OA Virtual Region 2nd Sunday Workshop: Dealing with Guilt and Shame 3:00—4:30pm (EST) Zoom ID: 891 6554 0024 Password: 120912

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

16 May 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.

30 May 2022: OA Marathon from Virtual Intergroup. Tradition 5 Spiritual Principle—Purpose—How Do I Define My Purpose As A Member of OA? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

Looking for OA Literature or looking to expand your resources or just looking for something new?

OA.ORG:

This website has a wealth of available resources. There is an entire section of podcasts and videos covering various workshops and all the traditions.

There is a Document Library with information on everything from Abstinence to Sponsorship to ideas for workshops, including OA Bingo and Promises by candlelight. There are so many great ideas and inspirational things to read and do. Look for the link labeled “Resources”.

You can now get the OA Brown Book as an audiobook! It includes the entire text of Overeaters Anonymous, Third Edition—from the forewords to the appendices. During daily activities or when you need a recovery boost, listen to more than forty stories by OA members sharing their experience, strength and hope, including our founder’s share: “Keep Coming Back: Rozanne’s Story” .

Avision4you.com:

This website has a plethora of podcasts, twice daily at 7:00 am and 10:00am as well as the popular Sunday Special Editions covering all the Steps and the Big Book, one chapter at a time.

Montreal English Intergroup Literature Rep:

Kim K. is our local Montreal Literature rep. Check out the OA bookstore (at OA.ORG) and then check with Kim to see if she has what you are looking for. If so, she can arrange to get it to you quickly. If not, you can also order directly from the website. Kim’s contact info is on the last page of this newsletter.

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.

*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, all meetings are being held via Zoom or Conference Call. Check our OA Website—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).

TUESDAY	7:30 PM * Big Book Meeting Speaker Meeting 1st & 3rd Weeks of the month. ZOOM ID: 813 5473 0886	MONTREAL WEST UNITED CHURCH 88 Ballantyne Ave Montreal West, H4X 2B8 PASSCODE 246891	Marilyn (514) 481-6230	05067
WEDNESDAY	1:30 PM * “Welcome Home” Step Study CALL FIRST (in wintertime after 11 am) ZOOM ID: 892 0851 5020	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3 PASSCODE 121224	Sylvie (514) 757-1352 Marc D. (514) 513-4282	46677
THURSDAY	7:30 PM * Alternating: Steps, Traditions, 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
SUNDAY	10:30 AM * Leader’s Choice ZOOM ID: 824 2740 8256 PASSCODE 192837	AGAPE 3950 Notre-Dame Blvd. (Near Corner of Cure Labelle) Chomedey, Laval H7W 1S7	Mickey & Penny (450) 687-0724 (514) 262-4915	00672
	3:00 PM OA 12 & 12 Alternating Steps & Traditions PHONE IN: 438-338-0358	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1 PIN: 5144846314#	Brownie 438-274-9416	05986

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); 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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