

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,
Happy Autumn! Changing leaves means winter is coming (which I know a lot of people do not like) but I have really loved admiring the amazing colors that nature provides here. We do not see this kind of beauty in Texas so I hope everyone can get out and appreciate the beautiful colors on the trees (or even enjoy it from a window inside!)

Reminders: We have several positions open on the Montreal English Intergroup Board, the Friday night meeting is back in swing and the last Tuesday of the month is now online AND in person. All the details are in this newsletter.

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

OA CALENDAR

4 Oct 2022: OA Marathon from Virtual Intergroup. Step 9 Spiritual Principle—Love—Love Yourself and Others By Clearing the Wreckage of Your Past. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

4 & 18 Oct 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)

5 Oct 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>

9 Oct 2022: OA Virtual Region 2nd Sunday Workshop: How to Twelve Step a Problem: 3:00-4:30pm (EST)
Zoom ID: 891 6554 0024 Password: 120912

10 Oct 2022: OA Marathon from Virtual Intergroup. Tradition 9 Spiritual Principle -Structure—How Do I Practice Structure in My OA Program? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

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

17 Oct 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.

21-23 Oct 2022—Mark Your calendars—Make your reservation now: OA Region 6 convention—Join Us On the Road to Recovery. Virtual convention on Zoom. For details: oaregion6.org No travel required!

24 Oct 2022: OA Marathon from Virtual Intergroup. Step 10 Spiritual Principle—Perseverance—How Does Perseverance Light the Way to Self-Awareness? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

31 Oct 2022: OA Marathon from Virtual Intergroup. Tradition 10 Spiritual Principle—Neutrality—Why is Abstinence the Best Treat of All? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

Hello my Montreal fellows,

I am a COE and bulimic and your new PIPO (Public Information & Professional Outreach) person. I'm eager to share my plans with you and to enlist your help to that end. My goal is to create more awareness about our organization in Montreal and in the Greater Montreal Area. I encourage you to reach out to me if you have suggestions for me or if you would like to help distribute information in your local area, which would be a massive help to me. Here are some ideas I have for creating awareness about our org and for making it easier to get in touch with us.

- Simple insert on bulletin boards in your local library, church, synagogue, grocery store, community centre, medical clinic, asking: is food a problem for you? (And including our contact details.)
- Visit to GP medical offices with info packet containing 15 questions, call out insert and OA general info
- Participation in health fairs
- Reaching out to CEGEP and university wellness departments and creating links on their websites that lead to Montreal OA website
- Adding buttons to our website so it's simple to call or email us
- Reviewing search engine optimization for our Montreal OA website to attempt to rank higher in Google searches

You can reach me by cell or email at the following: 514-712-5111 or larissap876148@gmail.com

Thanks in advance for your Experience/Strength/Hope. Together we get better—

Larissa P.

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.

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.

*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 Godfrey Av Montreal West, H4B 1K3 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	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 :	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:	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); 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.

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