

## 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,

The OA region 6 convention is looking for Keynote Speakers. Please consider sharing your E, S and H. To be considered, you must: •Be a Region 6 OA member. •Have three years of current, back-to-back abstinence. •Demonstrate physical, emotional, and spiritual recovery. •Submit a qualification recorded at an OA-registered meeting or event. Recording should be in (MP3) format and include your OA story

Submit your recording for consideration: •Email the recording to R6Convention-Chair@oaregion6.org. It will be reviewed by the keynote selection committee. •Include your full name, address, telephone, email address, abstinence date, and length of time in OA.

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

## OA CALENDAR

**5 Sept 2022:** OA Marathon from Virtual Intergroup. Step 8 Spiritual Principle—Self Discipline—"A Fruit of Our Labor is Going From Isolation to Fellowship". Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**6 & 20 Sept 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)

**7 Sept 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>

**11 Sept 2022:** OA Virtual Region 2nd Sunday Workshop: Being Entirely ready for HP to Change Us: 3:00-4:30pm (EST) Zoom ID: 891 6554 0024 Password: 120912

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

**19 Sept 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.

**25 Sept 2022:** OA Marathon from Virtual Intergroup. Sponsorship Day: Tradition 8 Spiritual Principle—Fellowship—New Beginning, New You, New Friends". Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**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!

Still had a lot of hard lessons to learn.

Working the program, following a no sugar, no flour food plan. I thought I was doing it all to perfection. I spent so much of my time at OA events, I especially never missed those events, I was everywhere, doing it all. I was finally SKINNY! I WOULD NEVER GET FAT AGAIN.

Then, one day, I realized that if I heard just one more speaker, I would scream. At the same time, I met “the guy” – no, not the guy I would end up with, but a guy that gave me the perfect excuse to leave a program that was exhausting me. The guy I gave silent permission to disrespect me. The guy who would show me how easily I went back to pre-program ME.

That was 17 years ago and 170 lbs later.

How did I let it get so bad? I swore I would never get fat again. As it turned out the answer to this question didn't really matter.

The better question was “What has helped me feel centered and sane in my life?” The answer was, is and will always be “Program, Steps, Tools and my Fellows”.

**The greatest gift I was given by my HP is my love for this program.**

Even during my worst binge days, I loved OA and AA. I often think about the HP responsible for making sure Bill and Bob met. It wows me that something created by 2 alcoholics, in a town I could not easily point to on a map, would save so many lives and would, 80+ years be there for me – again.

Learning life lessons the hard way.

I have finally come back to program with a lot of humility (which was missing my first time in program) a bowed head and an open heart.

Submitted by Tina A.

## 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.

*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](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, Tradi- tions, Big Book & Body Image... <i>Please call**</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 * Temporarily Closed: Resuming Sept 9</b> Step & Tradition / Discussion meeting <b>ZOOM ID: 837 3891 3245</b>	<b>PASSCODE 301</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

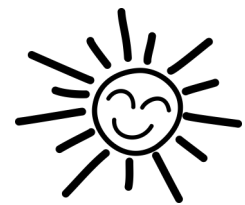
OA English Montreal Facebook group:

<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:	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

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)