

# OASIS

J u l y 2 0 2 1

## 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.

### \*\*\*\*\* **IMPORTANT NOTICE—PLEASE READ!** \*\*\*\*\*

We have officially changed how to access the English meetings for OA in Montreal, The waiting rooms have been eliminated and now a passcode will be required. The passcodes are listed with the meeting info on Page 3.

For those who will be hosting the meetings, you will have to enter a pin to become the host. As host, you will be able to assign a co-host if you like.

Please contact any member of the Intergroup team if you require the pin to become the host. Our contact information is at the bottom of Page 3 of the Oasis.

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

*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.*

## OA CALENDAR

**4 Jul 2021: Rozanne Speaks:** Joe shares a video of Rozanne's (our founder) story, via Zoom. 5:00 PM PST—Zoom ID: 863 1665 1362—Passcode: 2020. A couple of long-timers who knew her will also share.

**6 Jul 2021: MFI** (Montreal French Intergroup) meeting via Zoom, 7:15 pm, 312 Beaubien East, Montreal. All are welcome: meetings generally take place the first Tuesday of the month, except in August.

**6 & 20 Jul 2021:** 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.

**11 Jul 2021 :** OA Virtual Region Workshop -"What does it really mean to surrender?" 3:00—4:30 pm EDT. For details, go to: oavirtualregion.org.

**12 Jul 2021:** Outreach day for the month! Call a newcomer/talk to someone who is still suffering.

**19 Jul 2021:** Montreal English Intergroup (MEI) monthly meetings are held via Zoom @ 7:30. Zoom ID: 848 8996 4379 PASSCODE 864234. All are welcome: meetings take place the third Monday of the month. There are no MEI meetings in July and December. For info contact Maureen M. at 514-884-3067.

**23-25 Jul 2021: The BB 12 Steps—Summer Refresher Workshop presented by Harlan** -with simultaneous Spanish translation option. ZOOM ID 861 7126 3497 PASSCODE:1212.

Fri 7-9pm, Sat 9-11:30am , 1-3pm and Sun 9-11am

**20-22 Aug 2021:** Southern Arizona Intergroup—OA Convention and Assembly: Act AZ If . Register on-line at <https://oar3fall2021.org/>

**26-28 Aug 2021:** World Service Convention: Walking In the Sunlight: One Day at a Time. Go to <https://oa.org/world-service-convention/> for registration, location, hotel info, etc.

**22-24 Oct 2021:** Region 6 Convention—Together We Can! Register on-line at <http://oaregion6.org/2021/> Registration rates \$15.00, \$25.00 and \$35.00 USD.

Hello friends!

Last month your Montreal English Intergroup (MEI) met to discuss ways on how we can better serve our membership. Many points were brought up that I would like to share with you.

1. We want to improve and increase our communications to you to keep you informed of what we are doing for our membership. For example your 7<sup>th</sup> tradition supports your Intergroup, but where does the money go after it leaves your group?
  - Last month we sent \$1000 to both Region 6 and to WSO. Our contributions help OA to continue to get the word out to those who still suffer.
  - We will also be able to send our Region 6 representative to the next assembly without having to ask for financial assistance from Region 6. Thank you for your support.
2. We have decided to increase our presence on social media.
  - We have ensured that Montreal English Intergroup along with our meetings are on the WSO and OA.org site.
  - We are looking at opening a Facebook group. We need your assistance with this project, so please contact Sandy D (514.242.4413 or [sandydegagne@gmail.com](mailto:sandydegagne@gmail.com)) to learn more about how you can help.
3. Last but not least, we are looking at starting an English meeting in the East end.

As we continue to reach out to Compulsive Overeaters, we are always looking for support and assistance.

Reaching out to others through service is a key component to our recovery. Together we get better.

Yours in Service

Françoise C.

MEI Chair

## 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.

**Literature:** Order and distribute literature from WSO—6 months 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.

**WSO Delegate:** To attend the World Service Business Conference in Albuquerque, New Mexico and to report back to IG—1 year abstinence requirement.

**Special Events:** Organize and implement 5 events during the year with help from other members—6 months 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 <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: 192387</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> Alternating Steps & Traditions	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1	Brownie 438-274-9416	05986

## INTERGROUP OFFICERS

Chair:	Francoise C. (438) 881-3680	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:	Karen S. (514) 702-8883	Public Info:	Vacant
Literature: (Int Covid)	Mickey 514-262-4915	French Liaison: (Interim)	Sandy D. (514) 242-4413
Twelfth Step:	Margaret M.(514) 505-0584	Special Events:	Vacant

**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 Avenue Albert-Murphy, Laval, QC, Canada H7T 1J3  
 Tel: (514) 488-1812 **Website:** [oamontrealenglish.org](http://oamontrealenglish.org)  
**Web Contact:** [oamontrealinfo@gmail.com](mailto:oamontrealinfo@gmail.com)