

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.

Hello Readers!

The OA Virtual Region is hosting a retreat titled “What’s Your Story?”. One of OA's nine Tools is writing and it is essential to the OA fellowship's ability to carry the message.

If you *like* or *need* to write or otherwise create (illustrate, video, photograph, or record)--here is a retreat *to imagine and create* a new format for our fellowship to share stories or moments in our OA recoveries!

Sun Aug 1 at 9:00 am - 12:30 pm EDT

Register at: <https://www.eventbrite.com/e/whats-your-story-registration-162591975977>

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

OA CALENDAR

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**.

3 & 17 Aug 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**.

8 Aug 2021 : OA Virtual Region Workshop -”A Threefold Disease: Physical, Emotional and Spiritual” 3:00—4:30 pm EDT. ZOOM ID; 892 6554 0024 PWD: 120912. For details, go to: oavirtualregion.org.

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

16 Aug 2021: Montreal English Intergroup (MEI) monthly meeting will be held via Zoom @ 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.

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

22 Aug 2021: Connecticut Intergroup: Sponsorship Day workshop. Email secretaryctig@gmail.com for details.

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

28 Aug 2021: OA Virtual Region Workshop: The Promises. 12:30—2:00 pm EDT. ZOOM ID; 891 6554 0024 PWD: 120912. For more info—go to: oavirtualregion.org.

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.

Step 12 talks about having had a Spiritual Awakening. This can be a confusing concept for many people....it certainly has been for me. You may ask - how will I know when I've had one? What if I don't have an instant awakening like Bill W. did? What will it feel like? What if I don't think I've had one? What if I never have one? Am I doing something wrong?

Well, I found this list on the internet one day and thought it had a good insight into what a spiritual awakening might feel like. I do not know who wrote it.

12 Symptoms of A Spiritual Awakening

1. An increased tendency to let things happen rather than make them happen.
2. Frequent attacks of smiling.
3. Feelings of being connected with others and nature.
4. Frequent overwhelming episodes of appreciation.
5. A tendency to think and act spontaneously rather than from fears based on past experience.
6. An unmistakable ability to enjoy each moment.
7. A loss of ability to worry.
8. A loss of interest in conflict.
9. A loss of interest in interpreting the actions of others.
10. A loss of interest in judging others.
11. A loss of interest in judging self.
12. Gaining the ability to love without expecting anything.

Submitted by Stephanie M.

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. 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 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: (Int.)	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); 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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