

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.

Here is a chance to give back to OA (and get published)!

OA is updating the pamphlet #265 — A Common Solution: Diversity and Recovery. We want your stories of experience, strength, and hope, particularly if you identify as a member of one or more of these groups within OA:

- Race (Black, Asian/Pacific Islander, Indigenous, Latinos)
- Male, non-binary, transgender • LGBTQ+
- Atheist, Agnostic, Jewish, Muslim, Buddhist, or other religion
- Young (under 30) • Nationality outside of North America
- English not first language
- Compulsive food behaviors or surgical methods of weight control (e.g., anorexia, bulimia, or bariatric surgery)
- Disability or other health condition

Please consider this way to do service—see next page for details!

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

5 Oct 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.**

5 & 19 Oct 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 (see Zoom info on next page)

9 Oct 2021: Workshop presented by OASV (OA Silicon Valley): Decades of Recovery: Abstinence Habits & Practices 1:00 –3:00 PM EDT. Register by Oct. 8 at <https://oasv.org/upcoming-oasv-workshops/> Suggested donation \$5.00, but no one ever turned away.

10 Oct 2021 : OA Virtual Region Workshop -"Applying the Traditions in Daily Life" 3:00—4:30 pm EDT. ZOOM ID; 891 6554 0024 PWD: 120912. For details, go to: oavirtualregion.org.

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

16 & 17 Oct 2021: Workshop—Improving Relationships with the Traditions, 10 Am—1PM EDT. Organized by the Unity Intergroup from Minnesota. Go to <http://overeaters.org/upcoming-oa-events/>

18 Oct 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.

21 Oct 2021: Southeastern Connecticut Thursday Zoom Meeting: Speaker on the 3rd Thursday of each month. 7:00—8:00 pm EDT. ZOOM ID; 8798040 4979 PWD: 504467.

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.

23 Oct 2021: OA Virtual Region Workshop: Sponsor and Sponsee—A Unique Relationship: 12:30—2:00 pm EDT. ZOOM ID; 891 6554 0024 PWD: 120912. For more info—go to: oavirtualregion.org.

27 Oct 2021: Southeastern Connecticut Workshop: Don't Leave Before The Miracle Happens! The Promises Really Do Come True! 6:30—8:30 pm EDT. ZOOM ID; 876 4355 7061 PWD: 392889

You can help other OA members by sharing what brought you to OA, what you found here, and what keeps you coming back. Please include which diverse group(s) you identify with and how our common solution (i.e., the Twelve Steps of OA, the nine Tools of Recovery, and reliance on a Higher Power) has led to your abstinence and recovery.

1. How do you celebrate your diversity as a recovering member of OA? How have you used your diversity to support your physical, emotional, and spiritual recovery?
2. Did you ever feel misunderstood or unwelcomed by other OA members because of your diversity? What kept you coming back?
3. What would you like other OA members to better understand about your diversity as it relates to your disease and recovery?
4. How has racism, prejudice, bigotry, or marginalization affected your disease of compulsive eating?
5. As a bulimic, anorexic, or bariatric surgery patient, have you felt welcomed?
6. As an atheist or agnostic, how were you able to come to believe that a power greater than yourself could restore you to sanity without becoming religious?
7. As a trans person, how has your recovery and membership in OA challenged or supported your transition?
8. Do you have a physical or mental disability that requires accommodations in order to participate in OA? Do you have a health condition that you would like other OA members to understand?
9. Has living in a country outside of North America challenged or supported your recovery from compulsive eating?
10. How have you welcomed, reached out to, or sponsored newcomers who belong to a race, ethnicity, gender, sexual orientation, age group, or nationality different from your own? What have you learned from them?

Submissions of approximately 500-800 words are preferred. Due by October 31, 2021

Email your story to info@oa.org with subject line "Common Solution."

For more details, go to:

<http://www.oaphoenix.org/wp-content/uploads/a-common-solution-call-for-stories-bw-flyer.pdf>

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 oaeditor@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.

Newsletter of Overeaters Anonymous Montreal English Intergroup
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