

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!

Your Montreal English Intergroup members have been working diligently to support OA members and help carry the message. We have several positions we are looking to fill. Please review the list at the bottom of page 2 and seriously consider how you can help give back to others.

Anyone can attend one of the monthly meetings to get an idea of what we do. We encourage every group to send a representative to these monthly meetings. Find out if your group needs a rep!

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

Send submissions to oasiseditor@yahoo.com.

OA CALENDAR

7 Sept 2021: Montreal French Intergroup (MFI) monthly meeting will be held 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.**

7 & 21 Sept 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.**

12 Sept 2021 : OA Virtual Region Workshop -"The Promises of the Program" 3:00—4:30 pm EDT. ZOOM ID; 891 6554 0024 PWD: 120912. For details, go to: oavirtualregion.org.

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

20 Sept 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.

25 Sept 2021: OA Virtual Region Workshop: Step 10—How to Turn It Around: 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.

A Step Poem

I took step 1, began to moan
 I cannot do this on my own
 I took step 2, began to pray
 restore me God, please now, today
 I took step 3, gave up my will
 maybe God will love me still?
 I took a 4th, I looked inside
 nothing more I would hide
 and on the 5th, I said aloud
 "I've done something wrong, and I am not proud"
 I took step 6, and got prepared
 to lose the defects, I was scared
 Now I am at 7, take them away
 my God, for this I do pray
 and on 8, the list was long
 amends to make for all the wrongs
 I took step 9, put down my pride
 amends made, I will not hide
 step 10 I take, each day I pray
 I make amends along the way
 and on 11, I pray to know
 each day his will, which way to go
 I take step 12, I am like a bird
 to others now, I spread the word.

anonymous

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.

Newsletter of Overeaters Anonymous Montreal English Intergroup
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