

# OASIS

November 2021

## 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 everybody!

Your Montreal English Intergroup has been hard at work creating a new social media presence. Please check out the new Facebook group— just search for **Overeaters Anonymous English Montreal**. This is a super easy way to connect with your fellow members and find lots of useful insights and inspirational messages, along with reminders of upcoming events. We encourage everyone to join. You can share your experience, strength and hope—or just benefit from reading what others have to share.

There are a few security questions to answer before being admitted to the group. Feel free to invite friends from near and far to join us. Together we get better!

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

## OA CALENDAR

**2 & 16 Nov 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)

**3 Nov 2021:** 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**.

**5 & 6 Nov 2021** - Southern Alberta OA Intergroup Fall retreat “There is a Solution: What do I have to do?”  
Nov 5 (2 speakers) 8:45 pm -11:00pm EST and Nov 6 (6 speakers) 11:00 am—8:00 pm  
Zoom ID: 842 3617 4135 Passcode: 507832 Suggested donation \$10-\$20 (put Fall Retreat 2021 in the comments section). e-transfer to [saitreasurerpb@gmail.com](mailto:saitreasurerpb@gmail.com)

**6 Nov 2021**—Massachusetts Bay Intergroup—Panel of speakers share their journey from relapse to recovery—How the steps keep them abstinent and sane. 10:30 am—noon Zoom ID: 879 0006 6451 PWD: 369375

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

**13 Nov 2021:** OA HOW Virtual Holiday Workshop: The Disease Doesn't Take a Holiday Tips to stay abstinent over the holidays, 3:00—5:00 PM EST - ZOOM ID: 839 2755 3118 - [oahouston.org](http://oahouston.org)

**14 Nov 2021 :** OA Virtual Region Workshop -”To carry the message to other compulsive overeaters” 3:00—4:30 pm EDT. ZOOM ID; 891 6554 0024 PWD: 120912. For details, go to: [oavirtualregion.org](http://oavirtualregion.org).

**15 Nov 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.

**18 Nov 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.

**27 Nov 2021:** OA Virtual Region Workshop: Trudging the Road to Happy Destiny: 12:30—2:00 pm EDT. ZOOM ID; 891 6554 0024 PWD: 120912. For more info—go to: [oavirtualregion.org](http://oavirtualregion.org).

## What is in your toolbox?

I am so literal, that when I first heard people talking about their toolbox—I seriously pictured a box with a latch and little compartments for nails and screws and a big drawer for hammers, screwdrivers and pliers. While a hammer could be useful in many situations, it is probably not best suited for me to rely on it for my recovery. Of course I quickly learned that tools come in many different forms. Some of the tools I rely on the most are: a plan of eating, sponsorship, meetings, and literature. OA also has multiple workbooks, workshops, slogans, podcasts and tons of literature.

One of the most valuable tools, **IMHO** (In My Humble Opinion), is service. Unfortunately, in the world of Zoom, many service opportunities are on hold (no greeters at the door, no putting out chairs, no setting up the room or setting out literature).

So you may be thinking... how can I do service these days with everything online? Well, as a matter of fact... there are quite a few service opportunities available at the Intergroup level. The Intergroup meets once a month, on Zoom for now. Some service positions require more time commitment, some less. You can decide if any fit your schedule. Please see the list below and contact any current member to find out more info!

I have found that my service tool actually inspires me to maintain my abstinence. Knowing that I must retain my abstinence in order to continue to serve, is an additional motivation to stay connected to my Higher Power on a daily basis. Please consider this important tool as part of your toolbox too!

Stephanie M.

**Share the tools that work best for you!** *Send submissions to [oasiseditor@yahoo.com](mailto:oasiseditor@yahoo.com)*

## 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 for this one position. This is a two year commitment.

**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.

**Region 6 Representative**—Serves as intermediary between the Intergroup and Region 6. Is assigned to a committee at the conference level. Attends the conference and has right of vote, 6 months abstinence requirement,

**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 & Body Image... <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 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
	<b>3:00 PM</b> OA 12 & 12 Alternating Steps & Traditions <b>PHONE IN: 438-338-0358</b>	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1 <b>PIN: 5144846314#</b>	Brownie 438-274-9416	05986

## INTERGROUP OFFICERS

Chair:	Vacant	Region 6 Rep :	Vacant
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:	Kim K. (514)-619-2764	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](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  
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 Tel: (514) 488-1812 **Website:** [oamontrealenglish.org](http://oamontrealenglish.org)  
**Web Contact:** [oamontrealinfo@gmail.com](mailto:oamontrealinfo@gmail.com)