

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.

Greetings to everybody!

I realized that this month marks exactly one year since I started my term as OAsis editor. Looking back, it is hard to believe that it has been a whole year. Yes, sometimes the days can drag on, but then the weeks seem to zip by.

I find the holiday season can be a source of stress so I really appreciate all the reminders of the tools of this program.

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

1 Dec 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.**

4 Dec 2021: Ottawa District Intergroup is hosting Hope For the Holidays—a holiday mini-thon from 1:00—3:00 PM EST with 3 speakers and time for sharing. Zoom meeting ID and password will be posted on the Ottawa District Intergroup website (oa-ottawa.ca) one day prior to the event.

7 & 21 Dec 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)

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

12 Dec 2021: OA Virtual Region Workshop -"Connection is the Opposite of Addiction" 3:00—4:30 pm EST. ZOOM ID: 891 6554 0024 PWD: 120912. For details, go to: oavirtualregion.org.

19 Dec 2021: Montreal English Intergroup (MEI) No meeting in December.

25 Dec 2021: (date subject to change) OA Virtual Region Workshop: Step 2 - Came to Believe: 12:30—2:00 pm EDT. ZOOM ID: 891 6554 0024 PWD: 120912. For more info—go to: oavirtualregion.org.

14-16 Jan 2022: 2022 OA Birthday Party via Zoom - SAVE THE DATE! Join the LA OA Intergroup for this fun event.

18-20 Feb. 2022: SAVE THE DATE—OA Virtual Region Convention. More information coming soon—oavirtualregion.org

Our Oasis editor suggested that we share some thoughts on program tools that work for us. I find that they are all powerful in different ways and in different situations.

When I first walked in, the fellowship that was extended to me at that meeting kept me coming back.

- The telephone/texts/emails keeps me connected to others.
- I learn so much from the literature about how the program works and it continues to help me on a day to day basis.
- I write daily 10th step inventories and also action plans whenever I feel overwhelmed or need to focus.
- And of course my plan of eating is the guide to maintaining rigorous boundaries around my food and compulsive eating behaviors.
- The tool of service encourages me to step away from my self centeredness and the "bondage of self".

I feel safe when I share at meetings because of anonymity and this discourages me from gossiping. The tools are a gift to cherish - a blueprint to deal with "life on life's terms".

Many thanks to our Montreal English OA Intergroup for their continued service in providing many opportunities for members to share their recovery.

In Service,
Marilyn C.

Please note that any personal submissions express the experience of the individual member and do not represent OA as a whole. **Send submissions to 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.

*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 OA 12 & 12 Alternating Steps & Traditions PHONE IN: 438-338-0358	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1 PIN: 5144846314#	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:	Ela F. (514) 824-1518
FaceBook Rep:	Sandy D. (514) 242-4413		

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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