

# OASIS

April 2022

## 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.

*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.*

Attention Oasis Readers! Our Sunday afternoon meeting is in danger of closing.

Attendance has dwindled down over the pandemic. We are trying to keep it going but this is a plea for at least one more person who can commit to showing up weekly (on the phone for now) to keep this meeting alive. So, if you are thinking you might want to return to this meeting in the future, or if you just want to try it out—please act now! Contact Brownie at 438-274-9416. Leave a message and she will return your call. It only takes two people to have a meeting!

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

## OA CALENDAR

**2 Apr 2022:** OA Marathon from Virtual Intergroup. Step 4 Spiritual Principle—Faith—3 Guides to Faith: Steps, Traditions and Concepts. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**3 Apr 2022:** Workshop: We Do Better Together in OA. How do land-based and virtual service bodies work together to carry the message? 2:00 PM ET Zoom ID:8916554 0024 Passcode: 120912

**5 & 19 Apr 2022:** 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)

**6 Apr 2022:** 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.**

<https://zoom.us/j/7011757025?pwd=VWRwNHVTV1FDTC82Z0hzeWlmTVp6QT09>

**10 Apr 2022:** OA Virtual Region 2nd Sunday Workshop: Service Keeps Us in Program. 3:00—4:30pm (EST) Zoom ID: 891 6554 0024 Password: 120912

**12 Apr 2022:** Outreach day for the month! Call a newcomer/talk to someone who is still suffering.

**15 Apr 2022:** OA Marathon from Virtual Intergroup. From Disease to Recovery—Breaking the Bonds of Self-will. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**17 Apr 2022:** OA Marathon from Virtual Intergroup. Tradition 4 Spiritual Principle—Courage—How Do I Find the Courage to Change? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

**18 Apr 2022:** Montreal English Intergroup (MEI): Monthly meeting held via Zoom at 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.

### Spiritual Principles

	<u>Steps</u>	<u>Traditions</u>	<u>Concepts of Service</u>
1.	Honesty	<b>Unity</b>	<b>Unity</b>
2.	Hope	<b>Trust</b>	Conscience
3.	Faith	Identity	<b>Trust</b>
4.	Courage	Autonomy	Equality
5.	Integrity	Purpose	Consideration
6.	Willingness	Solidarity	Responsibility
7.	<b>Humility</b>	Responsibility	Balance
8.	Self-Discipline	Fellowship	Delegation
9.	Love	Structure	Ability
10.	Perseverance	Neutrality	Clarity
11.	Spiritual Awareness	Anonymity	<b>Humility</b>
12.	Service	Spirituality	Guidelines (Selflessness, Realism, Representation, Dialogue, Compassion, Respect)

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

### 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.

**Treasurer**—Accounts for group donations, coordinates expenses as needed, provides monthly report at Intergroup meetings. 6 month abstinence requirement. 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 two 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. This is a two 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. This is a two year commitment.

*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](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

OA English Montreal Facebook group:  
<https://www.facebook.com/groups/293643022526175>

**I think I'll go to a  
meeting!**

## 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:	Vacant	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
FaceBook Rep:	Sandy D. (514) 242-4413		



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\\_murphy@yahoo.ca](mailto:Maureen_murphy@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  
 3-1845 Avenue Albert-Murphy, Laval, QC, Canada H7T 1J3  
 Tel: (514) 488-1812 **Website:** [oamontrealenglish.org](http://oamontrealenglish.org) **Web Contact:** [oamotrealinfo@gmail.com](mailto:oamotrealinfo@gmail.com)