

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.

Dear Readers,

As October is coming to a close, I find it an appropriate time to express my thanks to everyone. Thank you for all the supportive comments about this newsletter. It is nice to know that someone is reading it (other than just the upcoming events). Thanks to everyone who has submitted personal entries. It makes my job easier and I absolutely LOVE hearing your personal reflections and getting to know you better. And I also offer thanks to those that point out my mistakes. It is an important reminder that I am not perfect.

So—please feel free to keep all those comments and submissions coming my way.

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

OA CALENDAR

1 & 15 Nov 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)

2 Nov 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>

8 Nov 2022: OA Marathon from Virtual Intergroup. The Serenity Prayer. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

11 Nov 2022: OA Marathon from Virtual Intergroup. Step 11 Spiritual Principle –Spiritual Awareness—What Does “Being in Fit Spiritual Condition” Mean to Me? Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

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

13 Nov 2022: OA Virtual Region 2nd Sunday Workshop: Step 11: Prayer and Meditation: 3:00-4:30pm (EST)
Zoom ID: 891 6554 0024 Password: 120912

18 Nov 2022: OA Marathon from Virtual Intergroup. Tradition 11 Spiritual Principle –Anonymity—Sharing My Experience of Recovery with Others: Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

21 Nov 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.

24 Nov 2022: OA Marathon from Virtual Intergroup. Finding Peace and Stillness Within. Meetings every hour from 8:00 AM to midnight EST. 712-432-5200 / Conf ID 4285115#

Today there was no electricity at our place. It was very quiet. I tried to get my little radio going but could not find the batteries. I spend a lot of time looking for lost things lately. But.. I am not lost. The quiet gave me time to reflect on where I am today and who I am today. My intentions are always good. I know I'm here to do God's will not mine. I'm here to do good for others which is always God's will. Today I am an equal among other human equals. Today I'm abstinent. Today I am thankful. Do I do any of these things perfectly? The answer is a resounding no!

I am not a person who joined OA one day, had a lightening spiritual awakening and lost all the weight and overnight became a star in program. I am one who has struggled, slipped and relapsed at times. After eight years I am still not thin. There have been times when I really have thought, "I've got it!" "I will never gain weight again." Today I laugh at that naive belief. I must live my program only one day at a time. I must use the tools, pick up the spiritual kit laid at my feet, ask help from other members, go to meetings and keep in good spiritual condition. Has there been progress despite all the problems..a resounding yes.

But...there is no cure...only a solution one day at a time.

Where have I learned all this? Right here in the rooms of OA. On days like today I know I've been given a gift from God (my Higher Power).

So what is my point? *Everyone, if you are a slip and slider like me, you still belong here.*

Margaret M.

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. 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.

Special Events—Organize and implement two events during the year, (for example Unity Day and IDEA day) with help from other members. Six months abstinence required.

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, most meetings are being held via Zoom or Conference Call. Check our OA Website—oamontrealenglish.org for more info. Mostly *Virtual Meetings 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	KENSINGTON PRESBYTERIAN 6225 Godfrey Av Montreal West, H4B 1K3 PASSCODE 246891	Marilyn (514) 481-6230 **Last Tuesday of the month is in per- son and on Zoom	05067
WEDNESDAY	1:30 PM * "Welcome Home" Step Study CALL FIRST (in wintertime after 11 am) Hybrid mtg—in-person and	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3 ZOOM ID: 892 0851 5020	Marc D. (514) 513-4282	46677
THURSDAY	7:30 PM * Alternating: Steps, Tradi- tions, 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
FRIDAY (NEW)	5 PM LIVING IN THE SOLUTION Step & Tradition / Discussion meeting ZOOM ID: 837 3891 3245	PASSCODE 301	Claudette 514-519-4892 Karen 514-702-8883	
SUNDAY	10:30 AM * Leader's Choice ZOOM ID: 824 2740 8256 PASSCODE 192837	Currently on Zoom only	Mickey & Penny (450) 687-0724 (514) 262-4915	00672

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 :	Claudette B. (514) 519-4892
Past Chair:	Vacant	WSO Delegate:	Vacant
Secretary:	Maureen M. (514) 884-3067	OAsis Editor:	Stephanie M. (514) 229-2426
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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	OA Montreal Help Line:	Mickey (514) 262-4915



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); 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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