

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 will-power. 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.

WHAT DO YOU THINK?

One-and-a-half years ago ago, the Montréal English Intergroup published the first *OAsis* under my edition. The time is ripe for readers' feedback:

- What do you like most about the *OAsis*, and what do you find least helpful? Do you have suggestions for improvement?
- Should the Montréal English Intergroup consider hosting an online communications tool, like a Facebook page or twitter hashtag?
- Would you like to volunteer to write a monthly column or cover one month's Step and/or Tradition?

To share your thoughts and ideas, please contact Jenn, *OAsis* editor, at oasiseditor@yahoo.com or 514-270-6315

Mark Your Calendar

24 February 2018: Unity Day (details inside)

5 March 2018: Montreal French Intergroup meeting, 7:15 pm, 312 Beaubien East, Montreal. All are welcome: meetings generally take place the first Monday of the month, except in August.

13 March 2018: Monthly OA speaker meeting, 7:30 pm, 88 Ballantyne St., Montreal West. All are welcome: speaker meetings occur the second Tuesday of the month.

20 March 2018: Montreal English Intergroup meeting, 7:30 pm, St. Mary's Hospital, 3830 Lacombe St., Room 1303. All are welcome: meetings generally take place the third Tuesday of the month, except in July and December. For info, contact Chauncey at 514-457-9009 or mic.pen@videotron.ca.

1-3 June 2018: Montreal English Intergroup Spring Retreat (information to come)

26-28 October 2018: Region 6 Convention, Portland, Maine. For information, visit oaregion6.org.

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.

*** February: Step Two ***

Came to believe that a Power greater than ourselves could restore us to sanity.

In a podcast posted on OA's website in 2015 (see oa.org/podcasts/step-two-february-8-2015/), OA member Mary from Alberta interprets different parts of Step 2 in light of her own experience:

Could restore us to sanity: Mary began by asking herself how sane she was, really, while compulsively eating and not working the Steps. It was true that many parts of her life were under control. Yet when she looked back with Step 4, she realized that she had been serving turkey dinner to her family at Christmas for 25 years, and not once did the turkey have its skin: for 25 years, she had eaten the skin off the turkey before serving the bird. She had also joined three gyms three times, paying dues for years, but she never actually went. She would scream and slam doors for something as insignificant as stubbing her toe. And as heavy as she was, she persisted in the illusion that other people didn't know that she overate. This was not sane behaviour.

A Power greater than ourselves. Until she joined OA, Mary didn't think that the religious God she had grown up with – however kind to children, however concerned with world peace – could also be a spiritual supporter just for her. By joining a loving community of fellow overeaters, Mary allowed a personal, loving Higher Power to begin taking shape. She stopped thinking that she shouldn't bother God with her problems, and began talking and listening to her Higher Power instead.

Came to believe. Once she began communicating with her Higher Power, Mary discovered a Higher Power just for her. This Higher Power has a sense of humour. Often, her Higher Power warns her to pay attention to certain feelings. Mary has learned to trust that source of power, to act on faith, to risk that a force of good will take care of things she can't handle. And after years practicing this Step, she has realized that every time she has pushed through her fear, a better situation has awaited. She has yet to find that her Higher Power doesn't know which way she is going.

Thanks to Step 2, Mary continues to pray for the willingness and the ability to be abstinent, every day, and to refrain from her character defects. She found that the willingness came first, then came the ability. It works if you work it.

— Jenn, Montreal

UNITY DAY: 24 FEBRUARY 2018

Every year on the last Saturday of February, members of Overeaters Anonymous around the world celebrate Unity Day. Begun in 1986, Unity Day reminds us of two essential lessons. First, wherever we are, whatever we are doing, we need no longer fight our food obsession alone. And second, alone we can't succeed.

Join us at the chalet at 60 Martin Avenue, Dorval, for this year's edition of the Montreal Intergroup's Unity Day. A brown bag lunch begins at 11:30 am; the speakers and workshop will run from 12:30 pm to 4:00 pm. To hear past Unity Day speakers, visit the Denver Intergroup's recordings from 2013: oadenver.org/unity-day-2013-speaker-podcasts/

For details, contact Rebecca, special events coordinator, at 514-831-8361 or qbbecca@gmail.com

*** February: Tradition Two ***

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

The *Twelve Steps and Twelve Traditions* of Alcoholics Anonymous begins discussing Tradition Two by asking the question on the lips of many newcomers: who runs AA? Who's the president? Who decides what to do?

It's a natural question. Understanding the lines of authority is important, particularly in times of crisis. And when newcomers come to a 12-step program, they are often in a state of crisis or despair.

But Tradition Two explains that 12-step groups don't operate on a hierarchical or authoritarian structure. The groups' most important decisions — from how we define sobriety to what we call ourselves (see box, below) — are made by group conscience: that is, by a group of people who consider the options, respectfully debate the pros and cons, and vote according to their conscience. No single vote is worth more than another, no matter how long the voter has been an OA member.

This approach makes sense. OA is a fellowship: all fellows are on an equal footing. If we treat some input as less valuable than other input, we risk losing valuable feedback. Sometimes the best ideas come from people with the least experience, because they are coming at the situation with fresh eyes.

Also, as members of a fellowship, our job is to encourage each other's development, not to tell each other what to do. And encouraging someone's development often means letting them take over, ready or not.

How can I apply these aspects of Tradition Two to my life inside and outside the OA fellowship?

- At work and at home, do I act as a « trusted servant, » where I serve when asked and then step aside? Or do I position myself as an authority whose voice counts more than others'?
- Do I tend to serve in areas that I like already? Or do I accept opportunities to be useful wherever they present themselves?
- Do I resist others' initiatives to be self-sufficient or to lead? Or do I encourage them to try?

My job at Montreal OA English Intergroup

I was the Montreal English Intergroup's delegate to OA's World Service Organization from 2011 to 2013 and I loved it. Once a year, I spent a week in Albuquerque, New Mexico, with 200 other delegates from around the world. We debated changes to OA, we voted on resolutions, and we elected trustees.

Sometimes it felt like the United Nations: I had to study a three-inch binder of resolutions before attending, and pages ran up and down the aisles with notes so that the delegates wouldn't talk to each other. It was intense but it was also exhilarating. I was there when delegates voted to give OA a ninth tool, the action plan. I was also there when we debated whether to change our name to better include the anorexics and bulimics among us. This year, delegates will decide whether to make our steps and traditions gender-neutral. Perhaps they will finally decide that for OA, like for the movie business, "Time's Up."

— Chauncey, Montreal English Intergroup delegate to the OA World Service Organization, 2011-2013

FACE-TO-FACE MEETINGS

* wheelchair accessible

TUESDAY	7:30 PM * Big Book Meeting Speaker Meeting 2nd Tuesday of the month	MONTREAL WEST UNITED CHURCH 88 Ballantyne Ave Montreal West, H4X 2B8	Marilyn (514) 481-6230	05067
WEDNESDAY	1:30 PM * "Welcome Home" Leader's Choice CALL FIRST (in wintertime after 11 am)	ST-CHARLES PARK CHALET Across from Dorval City Hall 60 Martin Ave (off Bord du Lac) Dorval H9S 3R3	Sylvie (514) 757-1352 Marc D. (514) 513-4282	46677
THURSDAY	7:30 PM * Entrance on side of building near garages	SERENITY GARDENS 844 Notre-Dame St Saint-Lambert, QC J4R 1R8	Donna 450-904-2909	54773
	7:30 PM * Alternating Steps, Traditions & Big Book	STE-GENEVIEVE UNITED CHURCH 4697 St. John's Blvd. Dollard-Des-Ormeaux H9H 2A7	Mickey & Penny (450) 687-0724	05255
SATURDAY	10:00 AM * Big Book Study	BOYS & GIRLS CLUB OF LASALLE 2101 Dollard St LaSalle, H8N 1S2	Carla T. (514) 616-4475	54764
SUNDAY	10:30 AM * Leader's Choice	AGAPE 3950 Notre-Dame Blvd. (Near Corner of Cure Labelle) Chomedey, Laval H7W 1S7	Mickey & Penny (450) 687-0724	00672
	3:00 PM Big Book Study alternating with the OA 12&12	4615 Cote Ste-Catherine (Corner of Lavoie) Montreal H3W 1M1	Louise A. (514) 487-7275	05986

INTERGROUP OFFICERS

Chair:	Chauncey (514) 457-9009	Region 6 Rep:	Françoise (514) 683-2962
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Twelfth Step:	Marilyn (514) 481-6230		

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 Mickey, the secretary (mic.pen@videotron.ca); to Marilyn or Hollie, the twelfth step reps (tel. numbers in the table above); and to Jenn, the OAsis editor (oasiseditor@yahoo.com). English OA Intergroup: 514-488-1812. French OA Intergroup: 514-490-1939.