

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.

ON SURRENDERING

I have learned that it is always a good time to surrender. In the past, surrender was BIG!!! It was about life and death consequences. My initial surrender brought about abstinence and started my road to recovery. Now, surrender is much smaller and quieter. Surrender is getting out of bed when I want to stay warm and cozy, going to work out when I would rather stay inside, responding with love instead of meanness when my partner and I have a conflict. These opportunities for surrender are small but meaningful — mainly because without continuously practicing surrender I will end up back in self-will and self-hate; the pathway to the life I lived before recovery. Today, in this moment, I again choose surrender.

— Atiya M., Raleigh, NC

Mark Your Calendar

5 February 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 February 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 February 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.

24 February 2018: Unity Day (details inside)

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 by the first Friday of the month.** Opinions expressed in this newsletter are those of the writers, not those of the Intergroup or OA as a whole.*

*** January: Step One ***

We admitted we were powerless over food – that our lives had become unmanageable.

I suffer from a mental obsession that tells me that I don't suffer from a mental obsession. That's why I have to remind myself daily that I am powerless over food — that I am a food addict and a compulsive eater. One way I do this is to use OA tools. I read the **literature**: Step One in Alcoholics Anonymous's or Overeaters Anonymous's *Twelve Steps and Twelve Traditions* is always a good choice. After reading, I do some **writing** (see below). Then I **telephone** a member to talk about what I wrote. If my call helps the member, then I've just done **service**. It's a better way to spend the evening than overeating first, and regretting it later! — Jenn

Step One questions adapted from OA's *Twelve Step Workshop and Study Guide*

1. What have I told myself, my therapists, doctors, friends, and family about why my eating is out of control or why I can't maintain a healthy body weight? What's the truth?
2. How has my eating career affected me and those around me? What have I done to try to control life — mine and others'? Has it worked?
3. The disease of compulsive overeating is threefold: physical, emotional, and spiritual. What happens to my body, my emotions, and my spirit when I eat compulsively?
4. How can there be strength in admitting weakness when it comes to compulsive eating and compulsive food behaviours?
5. Why is it necessary to « hit bottom » before beginning to start practicing the OA program of recovery? What could I do to hit bottom if I haven't hit it already? Would it help if I were to be more honest about my food problem with those around me?
6. How has my life been unmanageable — with respect to family, friends, and work? Am I achieving my potential, or just getting by?

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 Montréal 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 qbecca@gmail.com

*** January: Tradition One ***

Our common welfare should come first; personal recovery depends upon OA unity.

To be listed as an OA meeting, a group need only meet a few requirements. Primarily that it welcomes all compulsive eaters and that it follows the 12 Steps and 12 Traditions of OA. But we sometimes get a little off the beaten path. Here are 7 ways to help ensure we don't jeopardize our recoveries and those of our fellows.

1. **Let others use the food plan of their choice.** In the past, OA has been so divided by the question of what food plan is best that factions broke away and formed their own independent recovery program. When we advocate for a specific food plan, we may be making others' plans "wrong" without even realizing it.
2. **Identify as a willing sponsor.** The Steps and Traditions of the program are best learned from an informed sponsor. When we sponsor, we pass along the message of OA unity.
3. **Let others do the 12 Steps by whatever means they wish.** We all have our own path to finding recovery through the 12 Steps. Just because one way works for us or many of us doesn't make it right for all of us.
4. **Let others make mistakes.** Decades after its inception, it should be clear that no one person can topple OA by making mistakes that violate a Tradition or a part of a meeting format. Take the opportunity to gently remind the mistake maker of the Tradition in play. Live and let live.
5. **Give those we disagree with the benefit of the doubt.** Our OA fellows are not enemies or extremists. We're all trying to get better together, and we're all going to be sick with this disease for our entire lives.
6. **Keep speculations between our ears.** When we begin to place motives on people or divine their true intentions, we engage in a form of dishonesty that can harm our abstinence. Gossiping with others about those speculations can lead to rifts between members and lay groundwork for factionalism.

My job at Montréal OA English Intergroup

I started coordinating special events for the Montréal OA Intergroup a few months ago and I found that I love it. I have been an administrative assistant for 30 years, so I knew that I would be good at organizing the logistics of Intergroup workshops and retreats. But I decided to lead the first Intergroup workshop myself and in the process, I discovered a whole new skill set. I had to talk to new people, I had to stand in front of 15 OA members and take them through a curriculum I developed myself. I really enjoyed it and when it was over, everyone told me that I'd done a great job. It made me realize that I am good at something I'd never dreamed of doing.

I hadn't originally wanted to be special events coordinator at all. My sponsor urged me to do it, telling me that service keeps us abstinent. It sounds counterintuitive: many OA members refuse to do service, thinking it wiser to concentrate on personal recovery. But my sponsor was right. Several times over Christmas, the only thing that kept me abstinent was knowing that if I binged, I'd have to give up coordinating special events. And I'm having too much fun to give it up now. – Rebecca, Special Events Coordinator

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

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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.