

**WHERE AND WHEN**  
**Overeaters Anonymous Meetings in Northern Virginia :: Intergroup # 09358, Region 7**  
**Updated Thursday, April 15, 2010**

TYPES OF MEETINGS

O - OPEN TO ALL (Non OA Visitors Welcome)	C - CLOSED	B - BEGINNERS MEETING
BB - BIG BOOK STUDY	BR - BROWN BOOK STUDY	D - DISCUSSION
H - HANDICAPPED ACCESSIBLE	L - LITERATURE	M - MEDITATION
MO - MONTHLY (Meets only once per month)	P - PHONE MEETING	S - STEP/TRADITION STUDY
SP - SPEAKER	W - WRITING	WB - OA WORKBOOK

**MEETING INFORMATION — EVERYDAY**

TIME	TYPE	MEETING INFORMATION
6:45 PM	O/P/M/L/D	***ADDITIONAL TIMES*** MORNING AND EVENING LITERATURE - PHONE MEETING -, Dial 1-712-432-3900 and pin 4285115#. Please press *6 to mute yourself and *7 to un mute. Reading and sharing from Big Book, For Today, and Voices of Recovery. 9PM meeting is 100 pounder focus except on Fridays when it is a step meeting., Jim A, 703-204-0181, Diane F, 703-813-6313, (WSO Mtg. No. 55034)
6:45 PM		
9:00PM		
10:00 PM		
11:00 PM		
Midnight		

**MEETING INFORMATION — SUNDAY**

TIME	TYPE	MEETING INFORMATION
9:00 AM	O/D/H	ALEXANDRIA MEN'S MEETING - Alexandria Hospital, 4320 Seminary Road, Alexandria, Health Education Center, Rm 1 & 2 (Use main hospital entrance), Rob H, 301-915-0824, Kevin S, 703-447-0821, (WSO Mtg. No. 28430)
11:00 AM	O/S/H	11TH STEP MEETING - Alexandria Hospital, 4320 Seminary Road, Alexandria, Health Education Center, Rm 1 & 2 (Use main hospital entrance), Imelda S, 703-684-0142, Susan P, 703-751-2090, (WSO Mtg. No. 32441)
5:00 PM	O/BB/H/D	SUNDAY BIG BOOK DISCUSSION GROUP - Hope Lutheran Church, 4604 Ravensworth Rd, Annandale, Meets in choir room., Meredith, 703-893-9792, Jamie S, 703-270-9028, (WSO Mtg. No. 49108)
5:30 PM	O/S/D	ASHBURN LIFELINE TO ABSTINENCE - Ashburn Presbyterian Church, 20962 Ashburn Rd., Ashburn, 2nd Floor Library., Anne B, 571-203-0179, Dale, 703-376-4103, (WSO Mtg. No. 45036)
6:00 PM	O/S/H	SUNDAY EVENING STEP - St. George's Episcopal Church, 915 N. Oakland, Arlington, Rm 114 (Enter at side door across from the brick house on Oakland), Ann B, 703-532-3936, (WSO Mtg. No. 47977)

**MEETING INFORMATION — MONDAY**

TIME	TYPE	MEETING INFORMATION
7:00 AM	O/D	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington, Corner of Fairfax Drive and Kirkwood road, Upper Room. Enter from parking lot. (For Today study), Kitty V, 925-980-6587, (WSO Mtg. No. 32574)
10:00 AM	O/WB/D	IDYLLWOOD WRITING MEETING - St Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church, Off Rte 7 just west of I-66. Use church office entry. Meets upstairs, 1st rm on left. Writing and discussion based on questions in the OA 12 & 12 workbook., Michelle O, 703-536-3859, (WSO Mtg. No. 49473)
5:30 PM	O/L/D	ALEXANDRIA MONDAY NIGHT - Christ Church, 118 N. Washington St., Alexandria, Meeting starts 18 August 2008. Meeting is in Parish House on the lower level; enter through double doors and follow signs. No meetings on holidays as church is closed., Suzanne F, 703-440-0759, Ruth F, 703-250-7030
6:30 PM	O/D/L	FREDERICKSBURG "KEEP IT SIMPLE" MEETING - Trinity Episcopal Church, 825 College Ave, Fredericksburg, Use William St. entrance - basement - last door on the left., Amy M, 540-371-1484, Angie H, 540-834-8076, (WSO Mtg. No. 14867)
7:00 PM	O/S/H	ARLINGTON H.O.W. STEPS & TRADITIONS - First Presbyterian Church, 601 N Vermont St, Arlington, Meeting is on the 2nd floor. Note: This is a 1-hour HOW meeting., Karen M, 703-979-2361, (WSO Mtg. No. 45990)
7:00 PM	O/S	MANASSAS FAITH, HOPE & CHARITY H.O.W. - Bethel Lutheran, 8712 Plantation Lane, Manassas, Grade 7 room, Rita T, 703-627-5625, Kay, 703-368-2849, (WSO Mtg. No. 00522)
7:30 PM	O/S	MONDAY NIGHT BETTER BY THE DOZEN - Groveton Baptist Church, 6511 Richmond Highway, Alexandria, Rte 1 South of 495, across from Target. Steps/Traditions study using the OA 12 & 12. Room 263, door "B", Jerilyn, 571-216-1234, Tricia, 703-868-6722, (WSO Mtg. No. 00316)
7:30 PM	O/BB/D	PURCELLVILLE MIRACLES ON MONDAY - St. Peter's Episcopal Church, 37018 Glendale St., Purcellville, Meeting is in the Youth Room., Alison R, 540-349-3852, Carla D, 703-443-9144, (WSO Mtg. No. 49944)
7:30 PM	O/SP/D	OAKTON HUNDRED POUNDERS - Church of the Good Shepherd UMC, 2351 Hunter Mill Rd, Vienna, Sr High room at end of hall. Newcomers meeting follows regular meeting when newcomers are present., Bret S, 703-887-4237, Kelly H, 703-815-9775, Dan C, 703-216-1892, (WSO Mtg. No. 33041)
8:00 PM	O/S	BURKE - Burke Lake Gardens, 9608 Old Keene Mill Road, Burke, Nancy T, 703-425-3503, (WSO Mtg. No. 07504)

**MEETING INFORMATION — TUESDAY**

TIME	TYPE	MEETING INFORMATION
7:00 AM	O/D	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington, Corner of Fairfax Drive and Kirkwood road, Upper Room. Enter from parking lot. (AA 12 & 12 Study), Dick, 703-892-5257, Catherine, 703-534-3460, (WSO Mtg. No. 32575)
10:00 AM	O/BB	IDYLLWOOD ACCEPTANCE - St Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church, Off Rte 7 just west of I-66. Use church office entry. Meets upstairs, 1st rm on left., Lynn H, 703-533-0545, Joann, 703-573-4745, (WSO Mtg. No. 39297)
10:00 AM	O/S	FREDERICKSBURG WOMEN'S MEETING - St Mary of the Immaculate Conception, 1009 Stafford Ave., Fredericksburg, This is a women's only meeting. Meeting is in the upstairs library activity center., Sharon, 540-604-6771, Amy M, 540-371-1484, (WSO Mtg. No. 00445)
12:00 PM	O/BR	RESTON BROWN BOOK BROWN BAG - St Anne's Episcopal Church, 1700 Wainwright Dr., Reston, Room 6., Janice H, 703-724-0534, (WSO Mtg. No. 18880)
6:15 PM	O/D/H	ARLINGTON SHIPSHAPE #12 - Culpepper Gardens, 4435 N. Pershing Dr., Arlington, Hobby Room 1, Miki, 703-931-1676, Toby G, 703-528-9563, (WSO Mtg. No. 01795)
7:00 PM	O/S/D	ARLINGTON LIVE & LET LIVE LESBIAN & GAY - St. George's Episcopal Church, 915 N. Oakland, Arlington, Rhodes Rm., Gretchen J, 703-821-1338, Dick D, 703-521-1999, (WSO Mtg. No. 25227)
7:00 PM	O/L	STERLING HOW TO RECOVER - Galilee United Methodist Church, 20600 Broad Run Drive, Sterling, Elizabeth F, 571-434-9755, (WSO Mtg. No. 47681)

**MEETING INFORMATION — WEDNESDAY**

TIME	TYPE	MEETING INFORMATION
7:00 AM	O/D	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington, Corner of Fairfax Drive and Kirkwood road, Upper Room. Enter from parking lot. (AA Big Book), Joan H, 703-527-6592, Dick, 703-892-5257, (WSO Mtg. No. 32576)
5:45 PM	O/D	HUME HELPING HAND MEETING - Leeds Episcopal Church, 4332 Leeds Manor Rd, Markham, Karen W, 540-222-4990, Ann M, 540-542-7688, (WSO Mtg. No. 00411)
7:00 PM	O/S	WEDNESDAY NIGHT ANNANDALE H.O.W. - United Baptist Church of Annandale, 7100 Columbia Pike, Annandale, Room 136, Inabelle, 703-893-2725, Colleen S, 703-451-0966, (WSO Mtg. No. 27688)
7:00 PM	O/L/D	ANOREXIC AND BULIMIC SUPPORT GROUP - Vienna Presbyterian Church, 124 Church St, Vienna, Meeting is in room 311 and is a 1.5 hour meeting., Ashley M, 703-508-1842, Christine H, 703-938-6692, (WSO Mtg. No. 50630)
7:30 PM	O/S	WEDNESDAY NIGHT ALEXANDRIA H.O.W. - Fairlington Presbyterian Church, 3846 King St, Alexandria, 2nd floor. This is a one hour HOW meeting., Barbara V, 703-303-0570, (WSO Mtg. No. 46042)
7:30 PM	O/B/H	ALEXANDRIA NEWCOMERS - Fairlington United Methodist Church, 3900 King Street, Alexandria, Rm. 110, Barbara, 703-765-1218, (WSO Mtg. No. 46877)
7:30 PM	O/L/W	FALLS CHURCH WEDNESDAY NIGHT HOPEFULS - Columbia Baptist Church, 103 West Columbia St., Falls Church, Rm. 111 in Basement. Writing 3rd week of month., Karen B, 703-379-0153, Suzanne, 703-395-8741, (WSO Mtg. No. 24718)
7:30 PM	O/D	LEESBURG WEDNESDAY NIGHT HOPEFULS - Leesburg Presbyterian, 207 West Market St., Leesburg, Kristin W, 540-338-7483, Kathy K, 540-751-1993, (WSO Mtg. No. 40722)
8:00 PM	O/SP/D	ALEXANDRIA FRIENDSHIP - Fairlington United Methodist Church, 3900 King Street, Alexandria, Room 110, Jen G, 703-912-9242, Elana S, 571-213-3429, (WSO Mtg. No. 02442)

TIME	TYPE	MEETING INFORMATION — THURSDAY
7:00 AM	O/D	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington, Corner of Fairfax Drive and Kirkwood road, Upper Room. Enter from parking lot. (Lifeline study), Joan H, 703-527-6592, (WSO Mtg. No. 32577)
12:00 PM	O/L	***NEW MEETING*** MANASSAS NOON LITERATURE - Bethel Lutheran, 8712 Plantation Lane, Manassas, Dale, 703-376-4103, Louise, 703-361-2064
12:00 PM	O/S	RESTON SERIOUS STEPPERS - St Anne's Episcopal Church, 1700 Wainwright Dr., Reston, Room 6., Janice H, 703-724-0534, (WSO Mtg. No. 40707)
7:00 PM	S/L	WARRENTON WAY TO WORK IT - Our Saviour's Lutheran Church, 6194 Dumfries Road/Rte 605, Warrenton, Meeting in library., Alison R, 540-349-3852, Peggy F, 703-801-6470, (WSO Mtg. No. 39830)
7:30 PM	O/SP/D	A NEW BEGINNING - RELAPSE RECOVERY/PREVENTION - St Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church, Off Rte 7 just west of I-66. Use church office entry. Meets upstairs, 1st rm on left., Bret S, 703-887-4237, Amy A, 703-204-0181, (WSO Mtg. No. 46938)
7:30 PM	C/L	WOODBIDGE LITERATURE STUDY - St Paul United Methodist Church, 1400 G Street, Woodbridge, Off Occoquan Rd towards Rte 1. Meet in room A-111 (Lower level of church, follow signs). 4th week speaker, 5th week writing., Michelle, 703-590-6929, Carolyn O, 703-367-9654, (WSO Mtg. No. 49463)

TIME	TYPE	MEETING INFORMATION — FRIDAY
7:00 AM	O/D	***CANCELLED*** ARLINGTON SPANISH - St Charles Catholic Church, 3304 Washington Blvd., Arlington, , (WSO Mtg. No. 00412)
7:00 AM	O/D	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington, Corner of Fairfax Drive and Kirkwood road, Upper Room. Enter from parking lot. (OA 12&12 study), Delia P, 703-754-9237, (WSO Mtg. No. 32578)
10:00 AM	O/S	FRIDAY IDYWOOD STEP - St Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church, Off Rte 7 just west of I-66. Use church office entry. Meets upstairs, 1st rm on left., Ann B, 703-532-3936, Steve F, 703-373-3788, (WSO Mtg. No. 34747)
10:00 AM	O/D/S	SERENITY NOW GROUP - Lake of the Woods Church, One Church Lane, Locust Grove, Lake of the Woods Community. Tell gate attendant you are going to a meeting at the church. Park in upper lot. Enter door closest to garden/woods. Meeting is in room 210/211. Last Fri of month is Step study., Tia G, 540-972-2521, (WSO Mtg. No. 33155)
11:30 AM	O/BR/WB/S/L	***NEW TIME*** LEESBURG PATHWAY TO FREEDOM - Leesburg United Methodist Church, 107 W. Market Street, Leesburg, Meets in the Parlor. Park in rear, street (metered), or town garage., Diane T, 703-777-7705, Carla D, 703-443-9144, (WSO Mtg. No. 00199)
6:30 PM	O/D	FREDERICKSBURG GOALS & STICK - St Mary of the Immaculate Conception, 1009 Stafford Ave., Fredericksburg, Meeting is in the upstairs library activity center., Amy M, 540-371-1484, Angie H, 540-834-8076, (WSO Mtg. No. 30534)
7:00 PM	O/S/H	ARLINGTON H.O.W. STEP - St. George's Episcopal Church, 915 N. Oakland, Arlington, Meeting is in Parlor. Enter at double glass doors at far end of large parking lot on side of church., Inabelle, 703-893-2725, Don B, 703-994-1521, (WSO Mtg. No. 30536)
8:00 PM	O/SP/D	ARLINGTON 100 POUNDERS - Westover Baptist Church, 1125 N. Patrick Henry, Arlington, Room 220. (Enter from Patrick Henry Dr. Use Levine School of Music entrance), Rob H, 301-915-0824, Kevin S, 703-447-0821, (WSO Mtg. No. 31913)

TIME	TYPE	MEETING INFORMATION — SATURDAY
7:00 AM	O/D	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington, Corner of Fairfax Drive and Kirkwood road, Upper Room. Enter from parking lot. (OA Abstinence book study), Martha C, 703-820-0949, Ruth J, 517-899-2165, Catherine, 703-534-3460, (WSO Mtg. No. 39584)
8:00 AM	O/SP/D	SPRINGFIELD EARLY BIRDS - Westwood Baptist Church, 8200 Old Keene Mill Rd., Springfield, Alice, 703-973-3229, Jen G, 703-912-9242, Judith V, 703-683-2644, (WSO Mtg. No. 21268)
8:45 AM	O/L	***NEW LOCATION*** SATURDAY LEESBURG VOICES IN RECOVERY - Leesburg United Methodist Church, 107 W. Market Street, Leesburg, New location effective 10/17/2009. Meet in upstairs parlor. Use door to the left of the main sanctuary entrance., Boo B, 540-751-0685, Jennifer H, 703-727-3310, (WSO Mtg. No. 49107)
9:00 AM	O/B	ALEXANDRIA H.O.W. NEWCOMERS - Fairlington United Methodist Church, 3900 King Street, Alexandria, Room 308, Katherine S, 703-820-1596, (WSO Mtg. No. 46875)
9:00 AM	O/Mo/Sp/D	MONTHLY ANNANDALE SPEAKER MEETING - Hope Lutheran Church, 4604 Ravensworth Rd, Annandale, 3rd Saturday of the month before intergroup., Bret S, 703-887-4237, Maria P, 301-275-7093, (WSO Mtg. No. 21280)
9:00 AM	O/S/L	MANASSAS LITERATURE STUDY - Trinity Episcopal Church, 9325 West St, Manassas, Meeting is in the "Welcome Room" on the 2nd floor., Gail V, 703-754-1337, Delia P, 703-754-9237, (WSO Mtg. No. 48801)
9:00 AM	O/S	RESTON STEP - Brown's Chapel, 11300 Baron Cameron Ave at North Shore, Reston, Regular Mtg Upstairs, Beginners Mtg downstairs, Jeannie R, 703-338-6751, Nick, 703-408-4967, (WSO Mtg. No. 27683)
9:30 AM	O/SP	ALEXANDRIA H.O.W. - Fairlington United Methodist Church, 3900 King Street, Alexandria, Room 308, Katherine S, 703-820-1596, (WSO Mtg. No. 22718)
9:30 AM	O/D	SPRINGFIELD LIFELINE - Westwood Baptist Church, 8200 Old Keene Mill Rd., Springfield, Room 15., Ruth F, 703-250-7030, (WSO Mtg. No. 17733)
10:00 AM	O/SP	FAIRLINGTON H.O.W. - Fairlington Presbyterian Church, 3846 King St, Alexandria, Enter thru rear door, follow signs, Renee K, 703-683-3523, Carol, 240-505-4113, (WSO Mtg. No. 47310)
1:00 PM	O/BB/Sp	FREDERICKSBURG BIG BOOK STUDY - St Mary of the Immaculate Conception, 1009 Stafford Ave., Fredericksburg, Meeting is in the upstairs library activity center., Amy M, 540-371-1484
6:00 PM	O/D	ARLINGTON SATURDAY NITE - Arlington Presbyterian Church, 3507 Columbia Pike, Arlington, Room 201 (Enter through rear door), Gary L, 703-521-0184, Jill K, 703-538-2391, (WSO Mtg. No. 00480)

Our goal is to offer you the most up-to-date meeting list possible. Meeting times and places may change between publications. Please call ahead before attending a meeting for the first time. Please report all Corrections/updates to the Where & When editor.

Overeaters Anonymous Contact Information	
Northern Virginia Outreach Intergroup (NOVA)	Additional OA Information
Mailing Address: P.O. Box 231 Catharpin, VA 20143-0231	OA World Service, <a href="http://www.aa.org">www.aa.org</a> P.O. Box 44020, Rio Rancho, NM 87174-4020 Phone: 505-891-2664
Website: <a href="http://www.oanova.org">www.oanova.org</a> — Hotline Phone: 703-823-NOVA (6682) Where & When Editor: Karen - 703-922-2094 ; <a href="mailto:Meetings@oanova.org">Meetings@oanova.org</a>	OA Region 7 Inc., <a href="http://www.oaregion7.org">www.oaregion7.org</a> 3500 South DuPont Highway, Dover, DE 19901-6011
NOVA Intergroup (IG) Meetings are held the 3rd Saturday of every month from 10 to noon at Hope Lutheran Church, 4604 Ravensworth Road, Annandale, VA *** Speakers meeting held before intergroup at 9:00 AM ***	OA Maryland/Washington DC: 301-460-2800, <a href="http://www.aa-dcmetro.org">www.aa-dcmetro.org</a> OA Baltimore, MD: 410-764-3136 OA Annapolis, MD: 410-216-9444

Does Your group have an Intergroup representative? It should. Intergroup needs all groups to help out and have a say in what goes on in the Northern Virginia area. Curious about what goes on? Willing to give service? You do not have to be an Intergroup Rep to attend Intergroup meetings.

Does your group support Intergroup, World Service & Region 7? 60/30/10 - After meeting expenses., (including a prudent reserve) it is suggested that funds be split 60% to Intergroup, 30% to World Service and 10% to Region 7 at the above addresses.