


Where and When
Overeaters Anonymous Meetings in Northern Virginia: Intergroup # 09358, Region 7
Updated – May 2020

TYPES OF MEETINGS

O - OPEN TO ALL (Visitors Welcome)	B - BEGINNERS MEETING	BB - BIG BOOK STUDY	H - HANDICAPPED ACCESS	
BR - BROWN BOOK STUDY	D – DISCUSSION	S - STEP/TRADITION	Specific access information can be found at: http://www.oanova.org /accessibility.html	
SP - SPEAKER	WB - OA WORKBOOK	L - LITERATURE		
M - MEDITATION	W – WRITING	Y – YOUTH FRIENDLY		

Specific access information
can be found at:
[http://www.oanova.org
/accessibility.html](http://www.oanova.org/accessibility.html)



TIME	TYPE	EVERYDAY
6:45 AM 6:45 PM 9:00 PM	O/M/L/D	MORNING & EVENING LITERATURE - PHONE MEETINGS - Dial 1-712-432-5200 and pin 4285115#. Please press *1 to mute and unmute. Reading and sharing from Big Book, For Today, and Voices of Recovery. 9:00 PM Meeting is 100 Pounders focused Jim and Amy 703-204-0181, Diane F. 703-867-3376 (WSO #55034)
TIME	TYPE	SUNDAY
8:00-9:30 AM	D	FALLS CHURCH MEN'S MEETING (men's only)—American Legion Post 130, 400 N Oak St., Falls Church VA 22046 Tim 202-664-6174 (cell/text OK), Rich 703-231-4221 (WSO #28430)
12:00 PM	O/S	SUNDAY MORNING STEP —Unity Club, 116-B West Broad St., Room 2, Falls Church VA 22046 (WSO #32441)
5:00 PM	O/BB/H/D	SUNDAY BIG BOOK DISCUSSION GROUP —Hope Lutheran Church, 4604 Ravensworth Rd, Room C, Annandale VA 22003 3rd ed. Brown Book will be read the 1st Sunday each month Jamie C. 703-785-1904 (cell/text OK), Chris W. 703-865-1777 (cell/text OK) (WSO #49108)
6:00 PM	O/S/H	SUNDAY EVENING STEP —St. George's Episcopal Church, 915 N. Oakland St., Room 114, Arlington VA 22203 (enter at side door across from the brick house on Oakland) Ann B. 703-622-2373 (WSO #47977)
7:00 PM	O/L/S/H	ASHBURN SUNDAY NIGHT MEETING —Ashburn Presbyterian Church, 20962 Ashburn Rd., Sanctuary, Room 202, Ashburn VA 20147 (enter thru far right entrance) Carla 703-443-9144 Please call if inclement weather or holiday (WSO #45036)
7:00 PM	O/S/H	DEL-RAYS OF LIGHT STEP STUDY & DISCUSSION —Del Ray United Methodist Church, 100 E. Windsor Ave., Alexandria VA 22301 (go through wooden gate from
TIME	TYPE	MONDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —St. Charles Catholic Church, 3304 Washington Blvd., Upper Room, Arlington VA 22201 (corner of Fairfax Dr. and Kirkwood Rd.; enter from parking lot) For Today study Barbara 703-521-2930, Delia P. 703-863-5381 (WSO #32574)
7:50 AM	O/D	MONDAY SUNSHINE MEETING —Trinity Methodist Church, 1205 Dolley Madison Blvd., Room 122, McLean VA 22101 (park in back, enter door with portico and white columns; enter right and stay on lower level, then 2nd door on right) Kristin 571-331-5163 (WSO # Pending)
10:00AM	O/W/S/H	IDYLLWOOD WRITING MEETING —St. Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church VA 22043 (off Rte. 7 just west of I-66; use ramp/sidewalk in rear of building to doorway to the right of the playground, church office entry; walk past Church Office to Room #7) Alice T. 703-282-3757 (WSO #49743)
7:00 PM	O/S	MANASSAS OA / H.O.W. MEETING —Bethel Lutheran Church, 8712 Plantation Ln., Grade 7 room, Manassas VA 20110 This is a 1-hour OA H.O.W. meeting Rita T. 703-627-5625 (WSO #00522)
7:30 PM	O/BB/D	PURCELLVILLE MIRACLES ON MONDAY —St. Peter's Episcopal Church, 37018 Glendale St., Youth Room, Purcellville VA 20132 Kristin 540-338-7483, Boo 540-751-0685 (WSO #49944)
7:30 PM	O/S/L/H	MONDAY NIGHT BETTER BY THE DOZEN —Groveton Baptist Church, 6511 Richmond Hwy., Alexandria VA 22306 (Rte 1 south of 495; enter through door #2 (faces the Chili's and Dawn Drive); meeting is in room 263 at end of the hall) Steps/Traditions study, OA 12&12 Beth 703-765-9346, Melissa 703-994-1023 (WSO #00316)
7:30 PM	O/SP/D/H	OAKTON LITERATURE —Church of the Good Shepherd UMC, 2351 Hunter Mill Rd., Vienna VA 22181 (hallway toward the left, Sr. High room at end of hall) Gail 571-316-5255 (WSO #33041)
8:00 PM	O/L	ABIDING PEACE —6304 Lee Chapel Rd., Burke VA 22015 Mike A. 202-276-4203 (WSO #07504)
TIME	TYPE	TUESDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —St. Charles Catholic Church, 3304 Washington Blvd., Upper Room, Arlington VA 22201 (corner of Fairfax Drive and Kirkwood Road; enter from parking lot) AA 12 & 12 study Catherine 703-534-3460, Kitty 925-980-6587 (WSO #32575)
7:00 AM	O/L	BRISTOW SUNRISE LITERATURE STUDY —St. Benedict's Monastery, 9535 Linton Hall Rd., Bristow VA 20136 (park in circle; enter through glass doors between Chapel and Monastery and follow signs) Delia 703-754-9237 (WSO #51429)
10:00AM	O/BB/H	IDYLLWOOD ACCEPTANCE —St. Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church VA 22043 (off Rte 7 just west of I-66; use church office entry; use ramp/sidewalk in rear of building to doorway to the right of the playground; walk past Church Office to Room #7) Hortense 317-490-8960 (WSO #39297)
7:30 PM	O/L/S/M	TUESDAY NIGHT OA MEN —St. Anne's Episcopal Church, 1700 Wainwright Dr., Room 3, Reston VA 20190 Open meeting; special focus: Men Rich R. 703-231-4221, Jerry Z. 703-608-7045, Robert P. 443-995-9454 (WSO #56036)
7:00 PM	O/S/D/H	ARLINGTON LIVE & LET LIVE LESBIAN & GAY and EVERYONE WELCOME! —St. George's Episcopal Church, 915 N. Oakland St., Arlington VA 22203 (meets in St. George Room on the first floor; if door locked, ring bell) Patrick B. 703-508-6364 (WSO #25227)
TIME	TYPE	WEDNESDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —St. Charles Catholic Church, 3304 Washington Blvd., Upper Room, Arlington VA 22201 (corner of Fairfax Drive and Kirkwood Road; enter from parking lot) AA Big Book study Joan H. 703-527-6592, Alice T. 703-282-3757 (WSO #32576)
12:00 PM	O/D	WEDNESDAY HUMP DAY MEETING —Trinity Methodist Church, 1205 Dolley Madison Blvd., McLean VA 22101 (Room 302; located in new building downstairs from the chapel) Beryl 703-307-5611 (WSO Mtg No. 54487)
7:00 PM	O/SP	WEDNESDAY NIGHT ANNANDALE H.O.W. —United Baptist Church of Annandale, 7100 Columbia Pike, Annandale VA 22003 (Our new room # is 120, enter by back door, Chatelain Road; do not use children's wing entrance) This is a 2-hour OA H.O.W. meeting Peggy 703-801-6470 (WSO #27688)
7:30 PM	O/S	LEESBURG WEDNESDAY NIGHT HOPEFULS —Leesburg Presbyterian, 207 West Market St., Leesburg VA 20176 (upstairs, second door on right) Kristin 540-338-7483, Alice 703-817-1457 (WSO #40722)

7:30 PM	O/SP/D/H	ALEXANDRIA FRIENDSHIP —Fairlington United Methodist Church, 3900 King Street, Room 110, Alexandria VA 22302 Newcomers welcome to stay after for Q&A Carrie W. 410-340-6318 (WSO #02442)
TIME	TYPE	THURSDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —St. Charles Catholic Church, 3304 Washington Blvd., Upper Room, Arlington VA 22201 (corner of Fairfax Drive and Kirkwood Road; enter from parking lot) Lifeline study Catherine 703-534-3460, Kelly 703-963-8165 (WSO #32577)
7:00 AM	O/W	BRISTOW MEDITATION AND WRITING —St. Benedict Monastery, behind Linton Hall School, 9535 Linton Hall Rd., Bristow VA 20136 (park in circle; enter through glass doors between Chapel and Monastery and follow signs) Delia P. 703-754-9237 (WSO Meeting No. 51962)
10:00 AM	O/L/BR/H	BROWN BOOK THURSDAY LIFELINE —St. Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church VA 22043 (off Rte. 7 just west of I-66; use ramp/sidewalk in rear of building to doorway to the right of the playground, church office entry; walk past Church Office to Room #7) Michelle 571-242-3114 (WSO #23506)
7:00 PM	O/D/H	ACCEPTANCE FOR TODAY —Fairlington United Methodist Church, 3900 King Street, Room 110, Alexandria VA 22302 Jamie 703-785-1904, Joan 703-527-6592 (WSO # 53188)
7:00 PM	O/L/H	WARRENTON LITERATURE MEETING —The Warrenton Meeting Place, 26 S. 3rd St., Warrenton VA 20186 Erin 540-219-7830 (WSO#54150)
TIME	TYPE	FRIDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —St. Charles Catholic Church, 3304 Washington Blvd., Upper Room, Arlington VA 22201 (corner of Fairfax Drive and Kirkwood Road; enter from parking lot) OA 12&12 study Catherine 703-534-3460, Kitty 925-980-6587 (WSO #32578)
10:00 AM	O/S/H	FRIDAY IDYLWOOD STEP —St. Paul's Lutheran Church, 7426 Idylwood Rd., Falls Church VA 22043 (off Rte. 7 just west of I-66; use ramp/sidewalk in rear of building to doorway to the right of the playground, church office entry; walk past Church Office to Room #7) Ann B. 703-622-2373 (WSO #34747)
7:00 PM	O/D/H	SERENITY FRIDAY —Fairlington United Methodist Church, 3900 King St., Room 114, Alexandria VA 22302 Amanda 617-733-4972 (text OK) (WSO #56894)
8:00 PM	O/SP/D	ARLINGTON 100 POUNDERS and Everyone Welcome —Westover Baptist Church, 1125 Patrick Henry Dr., Room 220, Arlington VA 22205 (at intersection of Washington Blvd. and Patrick Henry Dr., use Levine School of Music entrance) Patrick B. 703-508-6364 (WSO #31913)
TIME	TYPE	SATURDAY
7:00 AM	Y/O/L	ARLINGTON SUNRISE** —St. Charles Catholic Church, 3304 Washington Blvd., Upper Room, Arlington VA 22201 (corner of Fairfax Drive and Kirkwood Road; enter from parking lot) OA & AA 12&12 study Karen S. 703-536-5269, Joan 703-527-6592 (WSO #39584)
8:00 AM	O/SP/D	SPRINGFIELD EARLY BIRDS —Westwood Baptist Church, 8200 Old Keene Mill Rd., Springfield VA 22152 Jen G. 703-912-9242 (WSO #21268)
9:00 AM	O/S	RESTON STEP —Brown's Chapel, 1686 Browns Chapel Rd., Reston VA 20194 (regular meeting upstairs, beginners meeting downstairs the first Saturday of the month) Alice 703-817-1457, Nicole 215-527-5850 (text OK) (WSO #27683)
9:00 AM	O	LEESBURG VOICES OF RECOVERY —Leesburg United Methodist Church, 107 Market St., Leesburg VA 20178 Marie 703-403-9123 (WSO Mtg No. 49107)
9:00 AM	O/BB	MANASSASS OA BIG BOOK STUDY —Bethel Lutheran Church, 8712 Plantation Ln., Manassas VA 20110 Anne M. 571-445-3287 (WSO #52792)
9:00 AM	O/B	ALEXANDRIA H.O.W. NEWCOMERS —Fairlington Presbyterian Church, 3846 King St., Alexandria VA 22302 (meeting is in the basement) This is a 30-minute meeting for newcomers before the OA H.O.W. meeting at 9:30 AM Rob H. 202-316-9748 (WSO #46875)
9:30 AM	O/SP	ALEXANDRIA H.O.W. —Fairlington Presbyterian Church, 3846 King St., Alexandria VA 22302 (meeting is in the basement) This is a 2-hour OA H.O.W. meeting Rob H. 202-316-9748 (WSO #22718)
10:30 AM	O/BB	RESTON BIG BOOK STUDY —St. Anne's Episcopal Church, 1700 Wainwright Dr., Room 6, Reston VA 20190 Suzanne W. 703-475-9278 (WSO #54574)

**** There will be no ARLINGTON SUNRISE meeting(s) if Arlington public schools are closed or delayed.**

Our goal is to offer you the most up-to-date meeting list possible. FOR THE LATEST WHERE & WHEN MEETING LIST, VISIT WWW.OANOVA.ORG. Meeting times and places may change between publications. Please call ahead before attending a meeting for the first time. Report all corrections/updates to the Where & When Editor at whereandwhen@oanova.org .		
Overeaters Anonymous Contact Information		
Northern Virginia Outreach Intergroup (NOVA)		Additional OA Information
Mailing Address: NOVA Intergroup, P.O. Box 1992 Annandale VA 22003		OA World Service, www.oa.org P.O. Box 44020, Rio Rancho NM 87174-4020 Phone: 505-891-2664
Website: www.oanova.org Email: info@oanova.org Hotline Phone: 703-823-NOVA (6682) Where & When Editor: whereandwhen@oanova.org		OA Region 7 Inc. Go to www.oaregion7.org and use PayPal
NOVA Intergroup (IG) meetings are held the 3rd Saturday of every month from 10:00 AM to 12:00 PM at Hope Lutheran Church, 4604 Ravensworth Road, Annandale VA 22003 (visitors are welcome but do not vote)		OA Maryland/Washington DC: 301-460-2800, www.oa-dcmetro.org OA Baltimore, MD: 410-764-3136, http://oabaltimore.org OA Annapolis, MD: 410-216-9444, http://www.annapolisoa.org
Does your meeting have an Intergroup representative? It should. Intergroup needs all meetings to help out and have a say in what goes on in the Northern Virginia area.		
Willing to attend Intergroup meetings? Curious about what goes on? Join us every third Saturday (for more info, see above)		
Groups are encouraged to financially support Intergroup, World Service & Region 7. "60/30/10" - After meeting expenses (including a prudent reserve), it is suggested that remaining funds be distributed 60% to Intergroup, 30% to World Service, and 10% to Region 7 at the above addresses.		