

WHERE AND WHEN
Overeaters Anonymous Meetings in Northern Virginia: Intergroup # 09358, Region 7
Updated - January 19, 2012

TYPES OF MEETINGS

O - OPEN TO ALL (Visitors Welcome)	B - BEGINNERS MEETING	BB - BIG BOOK STUDY	Y - YOUTH FRIENDLY
BR - BROWN BOOK STUDY	D - DISCUSSION	S - STEP/TRADITION	
SP - SPEAKER	WB - OA WORKBOOK	H - HANDICAPPED ACCESS	
M - MEDITATION	W - WRITING	L - LITERATURE	

TIME	TYPE	MEETING INFORMATION --- EVERYDAY
6:45 AM 6:45 PM 9 PM	O/M/L/D	MORNING & EVENING LITERATURE - PHONE MEETINGS - Dial 1-415-400-0300 and pin 4285115#. Please press *1 to mute and unmute. Reading and sharing from Big Book, For Today, and Voices of Recovery. 9 PM Meeting is 100 pounders focus. Jim A. 703-204-0181, Diane F. 703-813-6313, (WSO Mtg. No. 55034)

TIME	TYPE	MEETING INFORMATION --- SUNDAY
8:00 AM	O/D	ALEXANDRIA MEN'S MEETING - Unity Club: 116-B W. Broad St. Falls Church, Rob H. 301-915-0824, Kevin S. 703-447-0821, (WSO Mtg. No. 28430)
11:30AM	O/S	11TH STEP MEETING - Unity Club: 116-B W. Broad St., Room 2, Falls Church, 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 Road, Annandale (meets in choir room), Jamie S. 703-270-9028, Kathy P. 703-256-9699, (WSO Mtg. No. 49108)
5:30 PM	O/S/D	ASHBURN LIFELINE TO ABSTINENCE - Ashburn Presbyterian Church, 20962 Ashburn Rd., Ashburn, 2 nd Floor Library Anne B. 571-340-2546, 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, Room 114 (Enter at side door across from the brick house on Oakland), Ann B. 703-532-3936, (WSO Mtg. No. 47977)
7:30 PM	O/L/SP	MANASSAS HP HUNDRED POUNDERS - Bull Run Unitarian Universalists, 9350 Main St., Manassas, VA 20110, Rm. 105/107 (Lounge). Enter BRUU Congregation door on Church St. side, go downstairs. Speaker is monthly. Noelle S. 202-437-5070 (WSO Mtg. No. 51718)

TIME	TYPE	MEETING INFORMATION --- MONDAY
7:00 AM	Y/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 - 925-980-6587, (WSO Mtg. No. 32574)
10:00AM	O/W/S	IDYWOOD WRITING MEETING - St Paul's Lutheran Church, 7426 Idylwood Road, Falls Church (Off Rte 7 just west of I-66). Use church office entry. Meets upstairs, 1st room on left. 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. (WSO Mtg. No. 00707)
6:00 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. Teri 540-907-6042, Rick 443-995-1382 (WSO Mtg. No. 14867)
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/H	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", Beth H. 703-765-9346 (leave message), Ellie 703-768-5254, (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). Kristin - 540-338-7483 and Boo 540-751-0685 (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, (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)

TIME	TYPE	MEETING INFORMATION --- TUESDAY
7:00 AM	Y/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), Catherine 703-534-3460, (WSO Mtg. No. 32575)
7:00 AM	O/L	BRISTOW LITERATURE STUDY - St Benedict Monastery, 9535 Linton Hall Road, Bristow, VA USA 20136, Charlotte 703-361-0106 (WSO Meeting No. 51429)
7:00 AM	O/L	SUNRISE LITERATURE MEETING - St. Benedict's Monastery, 9535 Linton Hall Road, Bristow, VA 20136 (Enter Lower Level, Side, Door #3), Charlotte Lee or Shirley, 703-361-0106, Delia 703-754-9237. (WSO Mtg. No. 51429).
10:00AM	O/BB	IDYWOOD ACCEPTANCE - St Paul's Lutheran Church, 7426 Idylwood Road., Falls Church, Off Rte 7 just west of I-66. Use church office entry. Meets upstairs, 1st room on left., Lynn H. 703-533-0545, (WSO Mtg. No. 39297)
6:15 PM	O/D/H	ARLINGTON SHIPSHAPE #12 - Culpepper Gardens, 4435 N. Pershing Dr., Arlington, Hobby Rm. 1, Miki 703-931-1676, Paula H. 703-641-9440, (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, Debra SK 703-856-6671 (WSO Mtg. No. 47681)

TIME	TYPE	MEETING INFORMATION --- WEDNESDAY
7:00 AM	Y/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, (WSO Mtg. No. 32576)
7:00 PM	O/SP	WEDNESDAY NIGHT ANNANDALE H.O.W. - United Baptist Church of Annandale, 7100 Columbia Pike, Annandale (Room 126, Enter by back door, Chatelain Road. Do not use children's wing entrance). Alan S. 703-548-4744, Rob 202-316-9748 (WSO Mtg. No. 27688)
7:00 PM	O/D	ANOREXIC & BULIMIC SUPPORT - Vienna Presbyterian Church, 124 Church Street, Rm. 311, Vienna. Christine 703-938-6692, (WSO Mtg. No. 50630)
7:30 PM	O/S/BB/BR	WEDNESDAY NIGHT ALEXANDRIA H.O.W. - Fairlington Presbyterian Church, 3846 King St, Alexandria, 2nd floor. Barbara V. 703-303-0570. (WSO Mtg. No. 46042) <i>Note:</i> This is a one hour HOW meeting.
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	WB	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, Rob S. 703-581-2054. (WSO Mtg. No. 02442)

TIME	TYPE	MEETING INFORMATION --- THURSDAY
7:00 AM	Y/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)
7:00 AM	O/W	BRISTOW MEDITATION AND WRITING - St Benedict Monastery, behind Linton Hall School, 9535 Linton Hall Road. First door, right side of Monastery. Park circle. Bristow, VA USA 20136, Delia P. 703-754-9237 (WSO Meeting No. 51962)

10:00 AM	O/L	THURSDAY LIFELINE - St. Paul's Lutheran Church, 7426 Idylwood Rd., off Rt. 7 west of I-66. Entrance at rear of church office building. Meets upstairs, 1 st door on left, Judith B. 703-204-0746, Michelle O. 703-536-3859. (WSO Meeting No. 51718)
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 room on left), Bret S. 703-887-4237, Amy A. 703-204-0181, (WSO Mtg. No. 46938)
7:30 PM	O/L	WOODBRIIDGE 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 the church). 4th week speaker, 5th week writing, Michelle 703-590-6929. (WSO Meeting No. 49463)

TIME	TYPE	MEETING INFORMATION --- FRIDAY
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7:00 AM	Y/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), Alice 703-973-3229. (WSO Mtg. No. 32578)
10:00 AM	O/S	FRIDAY IDYLWOOD STEP - St Paul's Lutheran Church, 7426 Idylwood Road, Falls Church (off Rte 7 just west of I-66. Use church office entry. Meets upstairs, 1st room on left), Ann B. 703-532-3936, Michelle O. 703-536-3859, (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 Friday of month is Step study., Tia G. 540-972-2521, (WSO Mtg. No. 33155)
11:00 AM	O/BB/S/L	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. Efforts underway to offer childcare--call if interested. Carla D. 703-443-9144 (WSO Mtg. No. 00199)
6:30PM	O/L	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/L/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. Patti L. 703-338-4530, (WSO Mtg. No. 30536) <i>Note:</i> This is a 1-hour HOW meeting.
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), Pat G. 571-275-1940, Kevin S. 703-447-0821, (WSO Mtg. No. 31913)

TIME	TYPE	MEETING INFORMATION --- SATURDAY
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7:00 AM	Y/O/L	ARLINGTON SUNRISE - St Charles Catholic Church, 3304 Washington Blvd., Arlington (corner of Fairfax Drive and Kirkwood Road, Upper Room. Enter from parking lot). (OA & AA 12 & 12 study), Martha 703-820-0949, Ruth J. 517-899-2165, (WSO Mtg. No. 39584)
8:00 AM	O/SP/D	SPRINGFIELD EARLY BIRDS - Westwood Baptist Church, 8200 Old Keene Mill Rd., Springfield, Jen G. 703-912-9242 or Rob S. 703-581-2054. [WSO Mtg. No. 21268).
9:00 AM	O/L	SATURDAY LEESBURG VOICES IN RECOVERY - Leesburg United Methodist Church 107 West Market Street, Leesburg (meeting in the upstairs parlor. Individuals should use the 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, (elevator access with a few steps), Lynne D. 703-754-2190, (WSO Mtg. No. 46875)
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 Meeting Upstairs, Beginners Meeting 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, (elevator access with a few steps) Lynne D. 703-754-2190, (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/D	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. (WSO Meeting. No.00616)
6:00 PM	O/L/D	ARLINGTON SATURDAY NITE - Arlington Presbyterian Church, 3507 Columbia Pike, Arlington, Room 201 (Enter through rear door), Gary L. 703-521-0184 (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: NOVA Intergroup, P.O. Box 2532, Springfield, VA 22152-0532.	OA World Service, www.oa.org P.O. Box 44020, Rio Rancho, NM 87174-4020 Phone: 505-891-2664
Website: www.oanova.org Hotline Phone: 703-823-NOVA (6682) Where & When Editor: Debra S.:703-309-6530; whereandwhen@oanova.org	OA Region 7 Inc., www.oaregion7.org 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, 22003	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/index.cfm?ID=1

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 attend Intergroup meetings? Join us the 3rd Saturday of every month (for more info, see above).

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