WHERE AND WHEN

Overeaters Anonymous Meetings in Northern Virginia: Intergroup #09358, Region 7

Unless noted as "HY" or "IP", meetings are virtual. If no password is provided, call meeting contact.

TYPES OF MEETINGS			
O – OPEN TO ALL (Visitors welcome)	B – BEGINNERS MEETING	BB – BIG BOOK STUDY	HY – HYBRID
BR – BROWN BOOK STUDY	D – DISCUSSION	S – STEP/TRADITION	IP – IN PERSON
SP – SPEAKER	WB – OA WORKBOOK	L – LITERATURE	P – PHONE
M – MEDITATION	W – WRITING	Y – YOUTH FRIENDLY	H – HANDICAPPED ACCESS

TIME	TYPE	
		DAILY
6:45 AM 6:45 PM 9:00 PM	O/M/L/D/P	**MORNING AND EVENING LITERATURE –** 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)
		SUNDAY
7:00 AM	Y/O/D	**ARLINGTON SUNRISE** Zoom ID 836 8620 0340 Passcode: 12x12x12 For Today study | Diane F, 703-867-3376 (WSO #89427)
8:00 AM	D	**FALLS CHURCH MEN'S MEETING (Men only)** Zoom ID 815-2874-7246 Passcode: 12x12x12 Miles, 703-965-7874 (WSO #801149)
8:30 AM	O/D/IP	**SUNDAY SEEKERS –** Room 4, 116 W Broad St, Falls Church, VA 22046 | Lisa K, 703-594-7810 (WSO #57439)
9:30 AM	O/SP/L/IP	**MEN'S MEETING –** American Legion, 400 N Oak Street, Falls Church, VA 22046 | Hal G, 571-778-2148, Jerry Z, 703-608-7045 (WSO #57832)
4:00 PM	O/D	**LONGTIMERS AND EVERYONE WELCOME** Zoom ID 815 2874 7246 Passcode: 12x12x12 Catherine S, 610-299-5107 (WSO #89372)
5:00 PM	O/BB/BR/IP	**SUNDAY BIG BOOK –** Except for the first meeting of the month when we read from the Brown Book | Call for front door code. Hope Lutheran Church, Library, 4604 Ravensworth Rd, Annandale, VA | Megan B, 703-577-3141 (WSO #49108)
7:00 PM	O/L/S/IP	**LOUDOUN LIFELINE TO ABSTINENCE –** Please bring a facemask as requests by OA members to wear it will be honored. | Leesburg Presbyterian Church, 207 West Market St, Leesburg, VA | Patti, 703-431-3491 | Please call if inclement weather or holiday (WSO #45036)
7:00 PM	O/S	**DEL-RAYS OF LIGHT STEP STUDY AND DISCUSSION** Zoom ID 863 8620 0340 Passcode: 12x12x12 Erin M, 703-304-7899 (WSO #52886)
		MONDAY
7:00 AM	Y/O/D	**ARLINGTON SUNRISE** Zoom ID 863 8620 0340 Passcode: 12x12x12 For Today study | Barbara P, 703-434-3948; Delia P, 703-863-5381 (WSO #32574)
8:30 AM	Y/O/L	**SUNRISER'S BOOK CLUB** Zoom ID 815 2874 7246 Passcode: 12x12x12 Voices of Recovery/For Today study | Amy A, 703-851-8576 (WSO #801518)
10:00 AM	O/W/S/H	**IDYLWOOD WRITING MEETING** Zoom ID 863 8620 0340 Passcode: 12x12x12 Michelle, 571-488-5793; Beryl, 703-307-5611 (WSO #49743)
4:30 PM	O/M	**BREATHE IN, BREATHE OUT (HALF HOUR MEETING)** Zoom ID 374 796 8345, Password fnfjokes Join us for 30 minutes of guided meditation and breathing. Connect with yourself and find your peace at the end of the day

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TIME	TYPE	
7:00 PM	O/L/IP	**WOODBRIDGE LITERATURE –** Bethel United Methodist Church, 13506 Minneville Rd, Woodbridge, VA 22192 | Andrea G, 703-725-2077 (WSO #58005)
7:30 PM	O/L/D	**OAKTON LITERATURE –** Zoom ID 879 0686 1422; Password 543894 Tom, 703-220-1095 (WSO #800518)
		TUESDAY
7:00 AM	Y/O/D	**ARLINGTON SUNRISE –** Zoom ID 863 8620 0340 Passcode: 12x12x12 AA 12 x 12 study | Catherine, 703-969-6693 (WSO #32575)
8:30 AM	Y/O/L	**SUNRISER'S BOOK CLUB –** Zoom ID 815 2874 7246 Passcode: 12x12x12 Body Image, Relationships, and Sexuality study | Diane F, 703-867-3376 (WSO #801519)
9:00 AM	O/L	**TUESDAY SUNRISE GROUP –** Zoom ID 863 8620 0340 Passcode: 12x12x12 Erin, 818-456-7557 (WSO #51429)
		TUESDAY
10:00 AM	O/BB/H	**IDYLWOOD ACCEPTANCE –** Zoom ID 815 2874 7246 Passcode: 12x12x12 Betsy, 571-214-6675 (WSO #39297)
11:00 AM	O/L/IP	**STEP 3 WILLINGNESS –** St. Paul's Lutheran Church, 7426 Idylwood Rd, Falls Church, VA 22043 | Judi K, 703-622-3942; Alice T, 703-282-3757 (WSO #TBD)
2:00 PM	O/L/IP	**GREENSPRING LITERATURE –** Greenspring Senior Living Community, 7440 Spring Village Dr, Springfield, VA 22150, Town Center Building, Classroom #2 | Juanita, 571-274-9474 (WSO #57657)
7:00 PM	O/S/D	**ARLINGTON LIVE AND LET LIVE LESBIAN & GAY AND EVERYONE WELCOME!** Zoom ID 863 8620 0340 Passcode: 12x12x12 Andy, 917-328-7186 (WSO #25227)
7:30 PM	O/L/S/M	**OA MEN –** Zoom ID 815 2874 7246 Passcode: 12x12x12 Open meeting, special focus: men | Rich R, 703-231-4221 (WSO #56036)
		WEDNESDAY
7:00 AM	Y/O/D	**ARLINGTON SUNRISE** Zoom ID 836 8620 0340 Passcode: 12x12x12 AA Big Book study | No current contact (WSO #32576)
8:30 AM	Y/O/L	**SUNRISER'S BOOK CLUB** Zoom ID 815 2874 7246 Passcode: 12x12x12 OA 12 and 12 study | Joyce P, +353 87 949 7239 (Ireland) (WSO #801520)
7:00 PM	O/SP	**WEDNESDAY NIGHT ANNANDALE H.O.W.** Zoom ID 863 8620 0340 Passcode: 12x12x12 This is a 2-hour OA H.O.W. meeting | Elizabeth, 703-626-2048 (WSO #800232)
7:30 PM	O/S	**LEESBURG WEDNESDAY NIGHT HOPEFULS** Zoom ID 896 4990 7164 Passcode: 713106 Kristin, 571-528-2892; Alice M, 703-817-1457 (WSO #801507)
		THURSDAY
7:00 AM	Y/O/D	**ARLINGTON SUNRISE** Zoom ID 836 8620 0340 Passcode: 12x12x12 Literature study | Catherine, 703-969-6693 (WSO #32577)
8:30 AM	Y/O/L	**SUNRISER'S BOOK CLUB** Zoom ID 815 2874 7246 Passcode: 12x12x12 Recovery from Relapse study | Kelly P, 703-963-8165 (WSO #801521)
7:00 AM	O/L/D	**ACCEPTANCE FOR TODAY**

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TIME	TYPE	
		Zoom ID 815 2874 7246 Passcode: 12x12x12 Angel, 703-655-5153 (WSO #53188)
7:00 PM	O/L/H/HY	**WARRENTON LITERATURE MEETING** Zoom ID 83 8620 0340 Passcode: 12x12x12 The Warrenton Meeting Place, 26 S. 3rd St, Warrenton, VA 20186 | Erin, 540-219-7830; Jill, 703-728-7330 (WSO #54150)
7:30 PM	O/L/IP	**WESTWOOD PHOENIXES –** Westwood Baptist Church, 8200 Old Keene Mill Rd, Springfield, VA Whitten Hall | Enter Door #5, go up the stairs and through the kitchen to the hall | Andrew H, 703-395-5730 (WSO #57569)
		FRIDAY
7:00 AM	Y/O/D	**ARLINGTON SUNRISE** Zoom ID 836 8620 0340 Passcode: 12x12x12 OA 12 and 12 study | Catherine, 703-969-6693 (WSO #32578)
8:30 AM	Y/O/L	**SUNRISER'S BOOK CLUB** Zoom ID 815 2874 7246 Passcode: 12x12x12 Big Book study | Jim A, 703-851-8575 (WSO #801522)
10:00 AM	O/S/H	**FRIDAY IDYLWOOD STEP** Zoom ID 863 8620 0340 Passcode: 12x12x12 Ann B, 703-622-2373; Michelle 571-488-5793 (WSO #34747)
12:15 PM	O/D	**SLOGANS OF HOPE** Zoom ID 815 2875 7246 Passcode: 12x12x12 **30-minute meeting** | We discuss two recovery slogans each meeting, and on the final Friday of each month we discuss one slogan and one spiritual principle | Katie G, 508-265-3447 (WSO #801571)
		FRIDAY
5:30 PM	O/S/L/D/IP	**SUPPORT AND SERENITY –** Galilee United Methodist Church, 45425 Winding Rd, Sterling, VA | Steps, literature: **30-minute step workshop follows the meeting** | Carla D, 571-223-5321 (WSO #58234)
8:00 PM	O/SP/D	**ARLINGTON 100 POUNDERS AND EVERYONE WELCOME** Zoom ID 863 8620 0340 Passcode: 12x12x12 Patrick B, 703-508-6364; Jim, 703-851-8575 (WSO #31913)
		SATURDAY
7:00 AM	Y/O/L	**ARLINGTON SUNRISE** Zoom ID 836 8620 0340 Passcode: 12x12x12 OA and AA 12 and 12 study | No current contact. (WSO #32578)
8:00 AM	O/SP/D	**SPRINGFIELD EARLY BIRDS** Zoom ID 815 2874 7246 Passcode: 12x12x12 Juliet, 703-926-8619 (WSO #21268)
9:00 AM	O/S	**RESTON STEP** Zoom ID 221 509 0083, Password 399477

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		Alice M, 703-817-1457, Nicole, 215-527-5850 (text OK) (WSO #27683)
9:00 AM	O	**LEESBURG VOICES OF RECOVERY –** Zoom ID 889 1605 4841, Password 823357 | Marie 703-403-9123 (WSO #49107)
9:00 AM	O/BB	**BIG BOOK STEPS & OA TRADITIONS -** Zoom ID 863 8620 0340 Passcode: 12x12x12 | Christina, 703-516-0101 (WSO #89145)
9:00 AM	O/B	**ALEXANDRIA H.O.W. NEWCOMERS –** Zoom ID 880 5802 9481, Password 312482 This is a 30-minute meeting for newcomers before the OA H.O.W. meeting at 9:30 AM | Lynne D, 703-220-1583 (WSO #22718)
9:30 AM	O/SP/HY	**ALEXANDRIA H.O.W. –** Zoom ID 880 5802 9481; Fairlington Presbyterian Church, 3846 King St, Alexandria VA 22302 (meeting is in the basement) | This is a 2-hour OA H.O.W. meeting | Lynne D, 703-220-1583 (WSO #22718)
10:30 AM	O/BB	**OA VA ONLINE BIG BOOK STUDY –** Zoom ID 863 8620 0340 Passcode: 12x12x12 No current contact (WSO #800799)
10:30 AM	O/L/IP	**RESTON LITERATURE STUDY –** St. Anne’s Episcopal Church, 1700 Wainwright Dr, Room 6, Reston, VA 20190 | Catherine, 571-599-1974 (WSO #54574)

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Our goal is to offer you the most up-to-date meeting list possible. **FOR THE LATEST MEETING INFORMATION, VISIT https://oanova.org/oa-meetings-and-events/** 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 **Website:** www.oanova.org | Email: info@oanova.org Hotline Phone: 703-823-6682 NoVA Intergroup meetings are held the 3rd Saturday of every month from 10 – 11 AM (visitors are welcome but do not vote). Zoom ID 815 2874 7246, contact secretary@oanova.org for password.	OA World Service www.oa.org P.O. Box 44020, Rio Rancho NM 87174-4020 Phone: 505-891-2664 OA Region 7 www.oaregion7.org