


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; IP - IN PERSON; P - PHONE
BR - BROWN BOOK STUDY	D - DISCUSSION	S - STEP/TRADITION	 Specific access information can be found at https://www.oanova.org
SP - SPEAKER	WB - OA WORKBOOK	L - LITERATURE	
M - MEDITATION	W - WRITING	Y - YOUTH FRIENDLY	

TIME	TYPE	EVERYDAY
6:45 AM 6:45 PM 9:00 PM	O/ML/D/IP	MORNING & 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)

TIME	TYPE	SUNDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —Zoom ID 863 8620 0340 For Today study No current contact (WSO #32574)
8:00-9:15 AM	D	FALLS CHURCH MEN'S MEETING (men's only)—Zoom ID 815 2874 7246 Miles, 703 965 7874 (WSO #28430)
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)
9:30-10:30 AM	O/SP/L/IP	MEN'S MEETING - American Legion, 400 N Oak Street, Falls Church VA 22046 Hal G., 703-508-4563, Jerry Z., 703-608-7045 (WSO #57832)
4:00 PM	O/D	LONGTIMERS and Everyone Welcome - Zoom ID 815 2874 7246 Cathe S, 610-299-5107 (WSO #89372)
5:00 PM	O/BB/IP	SUNDAY BIG BOOK - Call for front door code. Hope Lutheran Church, Room 3/3A, 4604 Ravensworth Rd, Annandale, VA Megan B, 703-577-3141 (WSO #49108)
7:00 PM	O/L/S/H/IP	ASHBURN 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 & DISCUSSION —Zoom ID: 863 8620 0340; Mary M. 703-400-8626 (WSO #52886)

TIME	TYPE	MONDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —Zoom ID: 863 8620 0340 For Today study Barbara 703-521-2930, Delia P. 703-863-5381 (WSO #32574)
10:00AM	O/W/S/H	IDYLWOOD WRITING MEETING —Zoom ID: 863 8620 0340 Michelle, 571-488-5793 (WSO #49743)
4:30-5 PM	O/M	BREATHE IN, BREATHE OUT —Zoom ID: 374 796 8345, Password fnjokes. Join us for 30 minutes of guided meditation and breathing. Connect with yourself and find your peace at the end of the day.
7:00 PM	O/L/IP	WOODBIDGE LITERATURE — Bethel United Methodist Church, 13506 Minneville Road, Woodbridge, VA 22192 Andrea G, 703-725-2077 (WSO # 58005)
7:30 PM	O/BB/D	PURCELLVILLE MIRACLES ON MONDAY —Zoom ID: 858 1449 4084, Password 713106 Kristin, 571-528-2892 (WSO #49944)
7:30 PM	O/SP/D	OAKTON LITERATURE — Zoom ID: 879 0686 1422; Passcode: 543894 Tom 703-220-1095 (WSO #800518)

TIME	TYPE	TUESDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** — Zoom ID: 863 8620 0340 AA 12 & 12 study Catherine, 703-969-6693 (WSO #32575)
9:00 AM	O/L	TUESDAY SUNRISE GROUP —Zoom ID: 863 8620 0340 Erin, 818-456-7557 (WSO #51429)
10:00AM	O/BB/H	IDYLWOOD ACCEPTANCE —Zoom ID: 815 2874 7246 Betsy, 571-214-6675 (WSO #39297)
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 & LET LIVE LESBIAN & GAY and EVERYONE WELCOME! —Zoom ID: 863 8620 0340 Andy, 917-328-7186 (WSO #25227)
7:30 PM	O/L/S/M	TUESDAY NIGHT OA MEN —Zoom ID: 815 2874 7246 Open meeting; special focus: Men Rich R. 703-231-4221 (WSO #56036)

TIME	TYPE	WEDNESDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —Zoom ID: 863 8620 0340 AA Big Book study Joan H., 703-527-6592 (WSO #32576)
5:30 PM	O/L/IP	HERNDON LITERATURE - Trinity Presbyterian Church, 651 Dranesville Rd, Herndon, VA Literature Christie V, 571-455-6901; Sue Z, 703-581-2546 (WSO #57070)
7:00 PM	O/SP	WEDNESDAY NIGHT ANNANDALE H.O.W. —Zoom ID: 863 8620 0340 This is a 2-hour OA H.O.W. meeting Elizabeth 703-626-2048 (WSO #27688)
7:30 PM	O/S/HY	LEESBURG WEDNESDAY NIGHT HOPEFULS —Zoom ID: 896 4990 7164; Leesburg Presbyterian, 207 West Market St., Leesburg VA 20176 (upstairs, second door on right) Kristin, 571-528-2892; Alice M, 703-817-1457 (WSO #40722)

TIME	TYPE	THURSDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE** —Zoom ID: 863 8620 0340 Lifeline study Catherine 703-534-3460 (WSO #32577)
10:00 AM	O/L/BR/H	BODY IMAGE, RELATIONSHIPS, AND SEXUALITY —Zoom ID: 863 8620 0340 Michelle 571-488-5793 (WSO #23506)
7:00 PM	O/D	ACCEPTANCE FOR TODAY —Zoom ID: 630 166 496, Virtual Only; Angel 703-655-5153 (WSO #53188)
7:00 PM	O/L/H/HY	WARRENTON LITERATURE MEETING — Zoom ID: 812 7049 4604, Password 457892; The Warrenton Meeting Place, 26 S. 3rd St., Warrenton VA 20186 Erin 540-219-7830, Jill 703-728-7330 (WSO #54150)
7:00 PM	O/L/IP	WESTWOOD PHOENIXES -- Westwood Baptist Church, 8200 Old Keene Mill Road, Springfield, VA, Whitten Hall Enter Door #5, go up the stairs and through the kitchen to the hall Mary K, 202-415-0594 (WSO #57569)

TIME	TYPE	FRIDAY
7:00 AM	Y/O/D	ARLINGTON SUNRISE**—Zoom ID: 863 8620 0340 OA 12&12 study Catherine 703-534-3460 (WSO #32578)
10:00 AM	O/S/H	FRIDAY IDYLWOOD STEP—Zoom ID: 863 8620 0340 Ann B. 703-622-2373, Michelle 571-488-5793 (WSO #34747)
7:00 PM	O/D/H	SERENITY FRIDAY—Zoom ID: 749 0612 8176 Amanda 617-733-4972 (text OK) (WSO #56894)
8:00 PM	O/SP/D	ARLINGTON 100 POUNDERS and Everyone Welcome—Zoom ID: 863 8620 0340 Patrick B. 703-508-6364, Jim 703-851-8575 (WSO #31913)
TIME	TYPE	SATURDAY
7:00 AM	Y/O/L	ARLINGTON SUNRISE**—Zoom ID: 863 8620 0340 OA & AA 12&12 study Joan 703-527-6592 (WSO #39584)
8:00 AM	O/SP/D	SPRINGFIELD EARLY BIRDS—Zoom ID: 815 2874 7246 Juliet, 703-926-8619 (WSO #21268)
9:00 AM	O/S	RESTON STEP—Zoom ID: 221 509 0083 Password 399477 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	MANASSASS OA BIG BOOK STUDY—Zoom ID: 863 8620 0340 Joe 301-928-8920 (WSO #52792)
9:00 AM	O/B	ALEXANDRIA H.O.W. NEWCOMERS—Zoom ID: 880 5802 9481; 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 Rick, 703-402-1430 (WSO #46875)
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	RESTON BIG BOOK STUDY (Virtual)—Zoom ID: 863 8620 0340; Judith B, 703-447-5289 (WSO #800799)
10:30 AM	O/BB/IP	RESTON BIG BOOK STUDY (Live)—St. Anne's Episcopal Church, 1700 Wainwright Dr., Room 6, Reston VA 20190 Harriet 703-505-1716 (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 on Zoom from 10:00 AM to 12:00 PM (visitors are welcome but do not vote). Mtg ID: 815 2874 7246. Contact secretary@oanova.org for password.	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.