


**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	H - HANDICAPPED ACCESS	
SP - SPEAKER	WB - OA WORKBOOK	L - LITERATURE	Specific access information can be found at	
M - MEDITATION	W - WRITING	Y - YOUTH FRIENDLY	<a href="https://www.oanova.org/meetings/">https://www.oanova.org/meetings/</a>	

TIME	TYPE	EVERY DAY
6:45 AM 6:45 PM 9:00 PM	O/ML/D/P	<b>MORNING &amp; EVENING LITERATURE</b> - 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	<b>ARLINGTON SUNRISE</b> —Zoom ID 863 8620 0340   For Today study   Diane F, 703-867-3376 (WSO #89427)
8:00-9:15 AM	D	<b>FALLS CHURCH MEN'S MEETING</b> (men's only)—Zoom ID 815 2874 7246   Miles, 703 965 7874 (WSO #801149)
8:30 AM	O/D/IP	<b>SUNDAY SEEKERS</b> — 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	<b>MEN'S MEETING</b> - 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	<b>LONGTIMERS and Everyone Welcome</b> - Zoom ID 815 2874 7246   Catherine S, 610-299-5107 (WSO #89372)
5:00 PM	O/BB/IP	<b>SUNDAY BIG BOOK</b> - 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/IP	<b>ASHBURN LIFELINE TO ABSTINENCE</b> — 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	<b>DEL-RAYS OF LIGHT STEP STUDY &amp; DISCUSSION</b> —Zoom ID: 863 8620 0340;   Erin M, 703-304-7899 (WSO #52886)

TIME	TYPE	MONDAY
7:00 AM	Y/O/D	<b>ARLINGTON SUNRISE</b> —Zoom ID: 863 8620 0340   For Today study   Barbara P, 703-434-3948, Delia P. 703-863-5381 (WSO #32574)
8:30 AM	Y/O/L	<b>SUNRISER'S BOOK CLUB</b> —Zoom ID: 815 2874 7246   Voices of Recovery/For Today study   Amy A. 703-851-8576 (WSO #801518)
10:00AM	O/W/S/H	<b>IDYLLWOOD WRITING MEETING</b> —Zoom ID: 863 8620 0340   Michelle, 571-488-5793; Beryl, 703-307-5611 (WSO #49743)
4:30-5 PM	O/M	<b>BREATHE IN, BREATHE OUT</b> —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.
7:00 PM	O/L/IP	<b>WOODBIDGE LITERATURE</b> — Bethel United Methodist Church, 13506 Minneville Road, Woodbridge, VA 22192   Andrea G, 703-725-2077 (WSO # 58005)
7:30 PM	O/BB/D	<b>PURCELLVILLE MIRACLES ON MONDAY</b> —Zoom ID: 858 1449 4084, Password 713106   Kristin, 571-528-2892 (WSO #49944)
7:30 PM	O/L/D	<b>OAKTON LITERATURE</b> — Zoom ID: 879 0686 1422; Passcode: 543894   Tom 703-220-1095 (WSO #800518)

TIME	TYPE	TUESDAY
7:00 AM	Y/O/D	<b>ARLINGTON SUNRISE</b> — Zoom ID: 863 8620 0340   AA 12 & 12 study   Catherine, 703-969-6693 (WSO #32575)
8:30 AM	Y/O/L	<b>SUNRISER'S BOOK CLUB</b> —Zoom ID: 815 2874 7246   Body Image, Relationships, and Sexuality study   Diane F. 703-867-3376 (WSO #801519)
9:00 AM	O/L	<b>TUESDAY SUNRISE GROUP</b> —Zoom ID: 863 8620 0340   Erin, 818-456-7557 (WSO #51429)
10:00AM	O/BB/H	<b>IDYLLWOOD ACCEPTANCE</b> —Zoom ID: 815 2874 7246   Betsy, 571-214-6675 (WSO #39297)
2:00 PM	O/L/IP	<b>GREENSPRING LITERATURE</b> —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	<b>ARLINGTON LIVE &amp; LET LIVE LESBIAN &amp; GAY and EVERYONE WELCOME!</b> —Zoom ID: 863 8620 0340   Andy, 917-328-7186 (WSO #25227)
7:30 PM	O/L/S/M	<b>OA MEN</b> —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	<b>ARLINGTON SUNRISE</b> —Zoom ID: 863 8620 0340   AA Big Book study   No current contact (WSO #32576)
8:30 AM	Y/O/L	<b>SUNRISER'S BOOK CLUB</b> —Zoom ID: 815 2874 7246   OA 12 and 12 study   Joyce P. +353 87 949 7239 (Ireland) (WSO #801520)
5:30 PM	O/L/IP	<b>HERNDON LITERATURE</b> - Trinity Presbyterian Church, 651 Dranesville Rd, Herndon, VA   Literature   Christie V, 571-455-6901; Sue Z, 703-581-2546 (WSO #57970)
7:00 PM	O/SP	<b>WEDNESDAY NIGHT ANNANDALE H.O.W.</b> —Zoom ID: 863 8620 0340   This is a 2-hour OA H.O.W. meeting   Elizabeth 703-626-2048 (WSO #800232)
7:30 PM	O/S	<b>LEESBURG WEDNESDAY NIGHT HOPEFULS</b> —Zoom ID: 896 4990 7164   Kristin, 571-528-2892; Alice M, 703-817-1457 (WSO #801507)

TIME	TYPE	THURSDAY
7:00 AM	Y/O/L/D	<b>ARLINGTON SUNRISE</b> —Zoom ID: 863 8620 0340   Literature study   Catherine 703-969-6693 (WSO #32577)
8:30 AM	Y/O/L	<b>SUNRISER'S BOOK CLUB</b> —Zoom ID: 815 2874 7246   Recovery from Relapse study   Kelly P. 703-963-8165 (WSO #801521)
10:00 AM	O/L/H	<b>DIVERSE VOICES</b> —Zoom ID: 863 8620 0340   Michelle 571-488-5793; Beryl, 703-307-5611 (WSO #23506)
7:00 PM	O/L/D	<b>ACCEPTANCE FOR TODAY</b> —Zoom ID: 815 2874 7246; Angel 703-655-5153 (WSO #53188)

TIME	TYPE	THURSDAY
7:00 PM	O/L/H/HY	<b>WARRENTON LITERATURE MEETING</b> — Zoom ID: 863 8620 0340; 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	<b>WESTWOOD PHOENIXES</b> -- 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   Andrew H., 703-395-5730 (WSO #57569)
TIME	TYPE	FRIDAY
7:00 AM	Y/O/D	<b>ARLINGTON SUNRISE</b> —Zoom ID: 863 8620 0340   OA 12&12 study   Catherine 703-969-6693 (WSO #32578)
8:30 AM	Y/O/L	<b>SUNRISER'S BOOK CLUB</b> —Zoom ID: 815 2874 7246   Big Book of Alcoholics Anonymous study   Jim A. 703-851-8575 (WSO #801522)
10:00 AM	O/S/H	<b>FRIDAY IDYLWOOD STEP</b> —Zoom ID: 863 8620 0340   Ann B. 703-622-2373, Michelle 571-488-5793 (WSO #34747)
12:15 PM	O/D	<b>SLOGANS OF HOPE</b> - Zoom ID: 815 2874 7246   <b>30 minute meeting</b>   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)
5:30 PM	O/S/L/D/IP	<b>SUPPORT AND SERENITY</b> - Galilee United Methodist Church, 45425 Winding Road, Sterling, VA   Steps, literature; <b>30 minute step workshop follows the meeting</b>   Carla D, 571-223-5321 (WSO #58234)
8:00 PM	O/SP/D	<b>ARLINGTON 100 POUNDERS and Everyone Welcome</b> —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	<b>ARLINGTON SUNRISE</b> —Zoom ID: 863 8620 0340   OA & AA 12&12 study)   No current contact (WSO #39584)
8:00 AM	O/SP/D	<b>SPRINGFIELD EARLY BIRDS</b> —Zoom ID: 815 2874 7246   Juliet, 703-926-8619 (WSO #21268)
9:00 AM	O/S	<b>RESTON STEP</b> —Zoom ID: 221 509 0083 Password 399477   Alice M. 703-817-1457, Nicole 215-527-5850 (text OK) (WSO #27683)
9:00 AM	O	<b>LEESBURG VOICES OF RECOVERY</b> —Zoom ID: 889 1605 4841 Password: 823357;   Marie 703-403-9123 (WSO #49107)
9:00 AM	O/BB	<b>BIG BOOK STEPS &amp; OA TRADITIONS</b> —Zoom ID: 863 8620 0340   Joe 301-928-8920 (WSO #52792)
9:00 AM	O/B	<b>ALEXANDRIA H.O.W. NEWCOMERS</b> —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   No current contact (WSO #46875)
9:30 AM	O/SP/HY	<b>ALEXANDRIA H.O.W.</b> —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	<b>OA VA ONLINE BIG BOOK STUDY</b> —Zoom ID: 863 8620 0340;   No current contact (WSO #800799)
10:30 AM	O/L/IP	<b>RESTON LITERATURE STUDY</b> —St. Anne's Episcopal Church, 1700 Wainwright Dr., Room 6, Reston VA 20190   Harriet 703-505-1716 (WSO #54574)

Our goal is to offer you the most up-to-date meeting list possible. **FOR THE LATEST MEETING INFORMATION, VISIT [WWW.OANOVA.ORG/MEETINGS/](http://WWW.OANOVA.ORG/MEETINGS/).** 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](mailto:whereandwhen@oanova.org)

### Overeaters Anonymous Contact Information

Northern Virginia Outreach Intergroup (NOVA)	Additional OA Information
<b>Mailing Address:</b> NOVA Intergroup, P.O. Box 1992 Annandale VA 22003	OA World Service, <a href="http://www.oa.org">www.oa.org</a> P.O. Box 44020, Rio Rancho NM 87174-4020 Phone: 505-891-2664
<b>Website:</b> <a href="http://www.oanova.org">www.oanova.org</a>   <b>Email:</b> <a href="mailto:info@oanova.org">info@oanova.org</a> Hotline Phone: 703-823-NOVA (6682) Where & When Editor: <a href="mailto:whereandwhen@oanova.org">whereandwhen@oanova.org</a>	OA Region 7 Inc. Go to <a href="http://www.oaregion7.org">www.oaregion7.org</a> 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 <a href="mailto:secretary@oanova.org">secretary@oanova.org</a> for password.	OA Maryland/Washington DC: 301-460-2800, <a href="http://www.oa-dcmetro.org">www.oa-dcmetro.org</a> OA Baltimore, MD: 410-764-3136, <a href="http://oabaltimore.org">http://oabaltimore.org</a> OA Annapolis, MD: 410-216-9444, <a href="http://www.annapolisoa.org">http://www.annapolisoa.org</a>

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.