

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	DAY
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 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 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 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 Erin M, 703-304-7899 (WSO #52886)
MONDAY		
7:00 AM	Y/O/D	ARLINGTON SUNRISE – 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	SUNRISER'S BOOK CLUB – Zoom ID 815 2874 7246 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 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
7:00 PM	O/L/IP	WOODBIDGE 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 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 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 Erin, 818-456-7557 (WSO #51429)

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TUESDAY		
10:00 AM	O/BB/H	IDYLWOOD ACCEPTANCE – Zoom ID 815 2874 7246 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 Andy, 917-328-7186 (WSO #25227)
7:30 PM	O/L/S/M	OA MEN – Zoom ID 815 2874 7246 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 AA Big Book study No current contact (WSO #32576)
8:30 AM	Y/O/L	SUNRISER’S BOOK CLUB – 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	HERDON LITERATURE – Trinity Presbyterian Church, 651 Dranesville Rd, Herdon, VA Literature Christie V, 571-455-6901; Sue Z, 703-581-2546 (WSO #57970)
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 #800232)
7:30 PM	O/S	LEESBURG WEDNESDAY NIGHT HOPEFULS – Zoom ID 896 4990 7164 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 Literature study Catherine, 703-969-6693 (WSO #32577)
8:30 AM	Y/O/L	SUNRISER’S BOOK CLUB – Zoom ID 815 2874 7246 Recovery from Relapse study Kelly P, 703-963-8165 (WSO #801521)
7:00 AM	O/L/D	ACCEPTANCE FOR TODAY – Zoom ID 815 2874 7246 Angel, 703-655-5153 (WSO #53188)
7:00 PM	O/L/H/HY	WARRENTON LITERATURE MEETING – Zoom ID 83 8620 0340 The Warrenton Meeting Place, 26 S. 3 rd 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 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 Big Book study Jim A, 703-851-8575 (WSO #801522)
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)
12:15 PM	O/D	SLOGANS OF HOPE – Zoom ID 815 2875 7246 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)

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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 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 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 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	BIG BOOK STEPS & OA TRADITIONS – Zoom ID 863 8620 0340 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 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 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

Overeaters Anonymous Contact Information	
Northern Virginia Outreach Intergroup (NOVA)	Additional OA Information
<p>Mailing Address: NoVA Intergroup, P.O. Box 1992 Annandale, VA 22003</p> <p>Website: www.oanova.org Email: info@oanova.org Hotline Phone: 703-823-6682</p> <p>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.</p>	<p>OA World Service www.oa.org P.O. Box 44020, Rio Rancho NM 87174-4020 Phone: 505-891-2664</p> <p>OA Region 7 www.oaregion7.org</p>