

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

Types of Meetings

B = Beginners, BB = Big Book of AA Study, Br = "Overeaters Anonymous" Study, D = Discussion, FT = For Today, L = Literature, St = Step-Tradition Study, Sp = Speakers, Wr = Writing, ♿ = Handicapped Access, W = Workbook Study, Y = Youth Friendly Meeting

All meetings are open and last one hour unless noted otherwise.

Please call contact person or visit [oa-dcmetro.org](http://www.oa-dcmetro.org) before you attend a meeting for the first time to confirm current information and for any holiday schedule or location changes.

DISTRICT OF COLUMBIA MEETINGS

SUN	6:00p	D	N.W. NEW VISIONS St Margaret's Episcopal, 1830 Connecticut Ave. NW. Rear entrance (in alley) to 2nd FL up back outside stairs. (#07755) Erin T. 703-608-5740
MON	12:10p	L/D	N.E. LIFELINE CAPITOL HILL Church of the Reformation, 222 E. Capitol St NE. Between Union Station & Capitol South Metro Stops. No meetings federal holidays (#37429) Russ 202-544-4350, Mary Jane 202-368-8238.
MON	7:00p	L	N.W. WASHINGTON HEBREW CONGREGATION 3935 Macomb St. NW, Library, second floor rear (#38537) Fred 301-270-2439
MON	8:00p	St	N.W. MONDAY MIRACLES Wisconsin Avenue Baptist Church, 3920 Alton Place, NW Near Tenleytown Metro station. Enter off parking lot. (#02876) Marilyn 301-365-3541, Rebecca 301-442-4609
TUE	1230p	D ♿	BYOL "TREASURE CAVE" LIFELINE UDC, Bldg 39, Room 202, 4200 Connecticut Avenue NW. Bldg 39 is directly behind the Metro elevator on west side of Conn Ave. (50105) Amy T 202-234-3730-home, 202-446-8169-cell
TUE	7:10p	St	N.W. SPIRITUALITY Dupont Circle Club, 1623 Conn. Ave. NW, Room 200. Above Melody Records – upstairs front room. (#31853) Amy 202-234-3730
WED	10:00a	D/L ♿	N.W. ANITA'S GROUP Chevy Chase Presbyterian Church, One Chevy Chase Circle (#49318) Room 306, top floor. Parking lot and elevator on Oliver Street. Annmarie 240-988-4741 (call any time)
WED	1:00pm	St ♿	N.E. HOPE FOR TODAY Woodridge Public Library, 1801 Hamlin Street. NE. Corner 18 th & Rhode Island Ave., NE. Ask at front desk. (#46103) Rosetta 202-635-8887, Jonathan 301-814-2142
WED	8:15p	D ♿	N.W. FRIENDSHIP St. Columba's Church, 42nd & Albemarle St. NW, Room 203 Enter on Albemarle St. (#39747) Rick 202-362-6686, Shelley 301-654-8077
THU	6:15p	L/Wr	N.E. CAPITOL HILL LITERATURE/WRITING Church of the Reformation, 222 E. Capitol St NE. Between Union Station & Capitol South Metro Stops (#39895) Russ 202-544-4350 No meetings on Federal holidays
THU	6:30p	BB	N.W. TRIANGLE CLUB, 2030 "P" St NW. Above dry cleaners (main floor, small room). (#39659) Fred 202-234-9286, Ginea 301-213-0558
FRI	6:00p	B	N.W. FRIENDS St. Margaret's Episcopal Church, 1830 Connecticut Ave. NW. Rear entrance (in alley) to 2 nd FL via back outside stairs. (#25238) Kiersten 202-270-6658, Dorian 202-257-2371
SAT	10:30a	D	N.W. JUST FOR TODAY Holy Comforter Episcopal Church, 701 Oglethorpe St. NW Side entrance, down steps. (#03006) Ernestine 301-270-6302
SAT	10:30a	Sp/D ♿	N.W. FOUNDRY United Methodist, 16th & P Sts NW, Room 102, 1st Floor. Enter via first floor thru sanctuary into parlor. (#12680) Hillary B. 301-806-5519
SAT	5:00p	B/D ♿	N.W. GAY, LESBIAN & EVERYBODY WELCOME St. Thomas Episcopal Church, 1772 Church St, NW. Enter thru iron gates. (#31854) Amy T. 202-234-3730, Athena 202-320-5738

DC-Metro Intergroup (#09015) Service Position Contact Information

Chair Neal S. 301-213-8719 chair@oa-dcmetro.org	Treasurer Melissa B. 202-689-4192 treasurer@oa-dcmetro.org	Recording Secretary Linda S. 301-294-0566 rec-secretary@oa-dcmetro.org	Corresponding Secretary Marilyn 301-365-3541 cor-secretary@oa-dcmetro.org
Vice Chair Muriel 301-438-2238 vicechair@oa-dcmetro.org	Newsletter Elisabeth E. 202-355-4411 newsletter@oa-dcmetro.org	Web Content Contact Pat C. webcontact@oa-dcmetro.org	12th Step Within 12thstep@oa-dcmetro.org
W/W Coordinator Niki 301-379-1918 whereandwhen@oa-dcmetro.org	Answering Service Connie E. 301-460-2905 answerservice@oa-dcmetro.org	Love & Fellowship Committee love@oa-dcmetro.org	Outreach Barb 301-424-8264 outreach@oa-dcmetro.org

Intergroup meets on the second Saturday of each month at Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring. Physician's Dining Room #2, 2nd fl. 10:30am-12:30pm. There is an OA meeting at 9:30am, just before the Intergroup meeting. Contact Fred 301-270-2439 or Melissa 202-689-4192.

PLEASE REPORT ANY CHANGES, DISCREPANCIES, OR ERRORS in this listing: 301-460-2800 or whereandwhen@oa-dcmetro.org.
 For virtual and telephone meetings, go to <http://www.oa.org/meetings/find-a-meeting-online/>

MARYLAND - MONTGOMERY COUNTY & NORTH

SUN	9:30a – 10:45a	Sp/D ♻️	TOGETHER WE CAN Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring. Private Dining Rooms 1 & 2 - 2nd Floor. (#30114) Karen 301-656-7281, Cheryl 301-765-7025
SUN	11:00a – 12:15p	D/St ♻️	SPIRITUALITY & STEPS Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring, Private Dining Rooms 1 & 2 - 2nd Floor. (#38457) No children please. Teresa 301-649-1558
MON	10:30a	L/D ♻️	SILVER SPRING H.O.W. Riderwood Village, 3120 Gracefield Rd Silver Spring (in MST Parlor, ask at the desk), Call for directions about parking (#47971) Eileen 301-572-7592, Diane B. 301-586-9388
MON	12:00N	St ♻️	BETHESDA REACHIN' OUT United Church of Christ, 10010 Fernwood Rd (at Democracy Blvd.) (#04391) Evelyn 301-299-7104
MON	6:30p-8:30p	Sp/Y ♻️	BACK TO BASICS H.O.W. Church of the Ascension, 202 S. Summit Ave, Gaithersburg.(across from Ascension Church) (00112) Amy 301-987-2641, Barbara 301-424-8264. All are welcome. 5 th Monday is OA & OA/HOW Sponsors Meeting 6:30pm to 7:30pm.
MON	7:00p	L/D ♻️	100 POUNDERS Church of the Ascension, 205 S Summit, Gaithersburg. Side door downstairs, knock. Everyone welcome. (#40879) Connie 301-460-2905, Muriel 301-438-2238
TUE	7:15pm	BB/D	GAITHERSBURG BIG BOOK STUDY Grace United Methodist Church, 119 N. Frederick Ave. Room 201W, upstairs. Parking lot behind church. (#49319) Dianne Mc. 240-912-7613.
TUE	7:00p	D ♻️	SILVER SPRING OASIS St Luke's Lutheran Church, 9100 Colesville Rd. (#00995) Sabena 301-758-1099, Sarah S. 240-472-7624.
TUE	7:30p – 9:00p	D ♻️	HILLDALE H.O.W. Episcopal Church of Our Savior, 1700 Powder Mill Rd, Silver Spring (#37959) Betty 301-589-7816, Susan 202-256-3336
WED	7:00a	BB/D	BETHESDA BIG BOOK STUDY United Church of Christ, 10010 Fernwood Rd (at Democracy Blvd.) Meet in library. (#48181) Leah 410-991-3221, Peggy 301 651-2574
WED	12:30p	D	11th STEP ABSTINENCE St. Luke Lutheran Church, 9100 Colesville Rd., Silver Spring. Enter via church offices (#45416) Tom 301-779-0774 (h), 301-439-6635 (w), Karen 301-454-8114
WED	7:00pm	L	GAITHERSBURG DISCUSSION Church of the Ascension, 202 S. Summit Ave, Gaithersburg. (In the house across the street) Newcomers welcome. (#48390) Diana 301-963-4702, Ushi 240-632-2495
THUR	10:30a - noon	Sp ♻️	DAYTIMERS H.O.W. CHILDREN WELCOME – (modified HOW) Christ Church @ Manorwood, 5300 Norbeck Road, Rockville (#38708) Connie 301-460-2905.
THUR	12:00N	W/St	ROCKVILLE GOOD FEELINGS Faith United Methodist Church, 6810 Montrose Rd, (1/2 mile east of I-270) 2nd FL. Ring buzzer to enter. (Group #01531). B. Charles 301-946-4815, Pat 301-469-8148, Regina 301-515-0688.
THUR	7:15p – 8:30p	St	ROCKVILLE STEP/TRADITION Rockville Church of Christ, 1450 W. Montgomery Ave., Rockville (#40148) Linda 301-294-0566
FRI	7:00a	St	BETHESDA FRIDAY STEPS Bethesda United Church of Christ (in library) 10010 Fernwood Rd (at Democracy Blvd), Bethesda. (#03361) Carol 301-438-1312 or 301-787-8036
FRI	7:15pm	B/St ♻️	GERMANTOWN Neelsville Presbyterian Church, White Church Bldg, 20701 Frederick Road, .2 mi. N of Germantown Rd. (#30603) Randi 301-972-0560
SAT	9:00a	D ♻️	GAITHERSBURG H.O.W. Church of the Ascension, 205 S Summit, Gaithersburg. Side door downstairs, knock. (#40149) Amy 301-987-2641, Mary H 301-838-9755
SAT	9:30am	D	HOLY CROSS MONTHLY Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring, Physician's Dining room-2 nd floor. Meeting is once a month only , on second Saturday of each month, just before Intergroup meeting. Fred 301-270-2439, Melissa 202-689-4192.
SAT	10:15am	St/Sp/D	STEPS AND SLOGANS SILVER SPRING Memorial United Methodist Church, 9226 Colesville Rd., Silver Spring. Enter Lower Level (#01705) Marie 240-838-9503, Doree 301-649-3170.
SAT	10:00am	St	KENSINGTON SATURDAY STEPPING Holy Redeemer Catholic Church, 9705 Summit Avenue (near Saul Rd). Enter lower side door from parking lot to Music Room in church basement. (#49950) Annie 301-907-3290, 301-943-6750.
SAT	11:00a	St ♻️	GAITHERSBURG 12 STEP Ascension House, 202 S. Summit Ave., Gaithersburg (#17689) Celia 301-294-9558, Muriel 301-438-2238

MARYLAND – HOWARD & PRINCE GEORGES COUNTIES AND SOUTH

SUN	3:00p	B/D/W	HYATTSVILLE NEWCOMERS & RETURNERS 180 Club, 5130 Baltimore Ave. (Rte 1) (#40880) Amy 301-699-9222
MON	6:00p	W	COLUMBIA Serenity Center, 9650 Basket Ring Rd (on Baltimore list.) Rosemary 301-627-7005
MON	7:30p	D	GREENBELT Greenbelt Baptist, 101 Greenhill Road at Crescent, (#01498) Katrina B 301-345-4342
MON	5:00p	D	NORTH BEACH Union Church, Chesapeake Ave. between 2 nd & 3 rd , Education Bldg. (on Annapolis list)
WED	7:30p	D/St	COLUMBIA Serenity Center, 9650 Basket Ring Road (on Baltimore list) Rosemary 301-627-7005
THU	1:00p	D ♻️	CLINTON Christ Episcopal Church, 8710 Old Branch Ave., in Parish Hall. Enter thru double doors (#02995) Mary - 301-292-5271
THU	5:00p	D	NORTH BEACH Union Church, Chesapeake Ave. between 2 nd & 3 rd , Education Bldg. (on Annapolis list)
THU	7:00p	L/D	COMMUTER CONNECTIONS St. Andrews Episcopal Church, 4512 College Ave., College Park. Behind Maryland Book Exchange. Rector's lounge, enter from back through double glass doors. (#48885).
THU	7:30p	D/BB	COLUMBIA Serenity Center, 9650 Basket Ring Road (on Baltimore list) (#50557) Carol 410-551-1149
FRI	10:30a	D ♻️	TGIF-TGIA Howard Co. General Hospital Wellness Center, 11055 Little Patuxent Pkwy, Suite L9, Columbia. Women's focus, everyone welcome. (on Baltimore list) Caroline 410-465-0288, raclib@aol.com
FRI	7:00p	St/Wr	COLLEGE PARK St Andrew's Episcopal Church, 4512 College Av, College Park. Behind the MD Book Exchange, park in lot off Princeton Ave., go up steps by playground (Rector's Lounge)(#00662) Frank 301-395-3568.
SAT	9:30a	D/St	COLUMBIA Serenity Center, 9650 Basket Ring Road (on Baltimore. roster of mtgs) Rosemary 301-627-7005
SAT	10:00a	D	LUSBY Middleham Chapel Parish Hall, Rte. 765 (HG Trueman Rd) (on Annapolis list) Sandy 410-257-3419 Joyce 410-326-1209

Washington Area Intergroup Contributions: c/o Melissa Booth 5315 Connecticut Ave NW #607 Washington DC 20015 www.oa-dcmetro.org	Region 7 Office OA Region 7, Inc. 3500 South DuPont Highway Dover, DE 19901-6011 www.oaregion7.org	OA World Service Office OA World Service P. O. Box 44020 Rio Rancho, NM 87174-4020 505-891-2664 www.oa.org	Northern Virginia Intergroup 703-823-6682 www.oanova.org
			Baltimore Intergroup 410-764-3136 www.oabaltimore.org
			Annapolis Intergroup 410-216-9444
			Frederick Intergroup 301-694-3554 www.frederickregionoia.org

Our 7th Tradition tells us to give to our service offices. After paying rent, providing literature, and keeping a prudent reserve, it is suggested that each group send 60% to Intergroup, 30% to WSO, and 10% to Region 7.