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, Study, D = Discussion, L = Literature, St = Step-Tradition Study, Sp = Speakers, Wr = Writing, W = Workbook Study, Y = Youth Friendly Meeting, 6 = Access for Persons with Disabilities

To OA members, visitors, newcomers, and professional and student observers -- all meetings are open unless noted otherwise. All are welcome to attend.

Please call contact person or visit oa-dcmetro.org before you attend a meeting for the first time to confirm current information.

Call contact person for holiday schedule or location changes. If you cannot reach contact person, call 202-854-8462.

Updated September 16, 2018
MARYLAND - MONTGOMERY COUNTY & NORTH MEETINGS

SUN  9:30a – 10:45a  Sp/D  TOGETHER WE CAN  Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring. Physicians Dining Rm, 2nd fl. (#30114) Andrea, 301-570-2182. (Free parking on street. Paid parking in hospital lot.)

MON  10:00a- 11:30a  St/GL/Sp  GRACEFIELD ROAD OA  Riderwood Village, 3120 Gracefield Rd, Silver Spring. Private dining Rm, Montgomery Station. (On holidays, ask at front desk.) Call for parking directions. Bring lunch for fellowship after meeting (#47971) Emma 301-814-1075, Ruth K 240-669-9876.

MON  12:00N  St  BETHESDA REACHIN OUT  United Church of Christ, 10010 Fernwood Rd. (at Democracy Blvd.) (#04391) Evelyn 301-299-7104

MON  7:00p  L/D  100 POUNDERS  Church of the Ascension, 205 S Summit, Gaithersburg. Side door, Room 1. Everyone welcome. (#40879) Muriel 301-438-2238 Ruth S 240-422-3497

TUE  7:00p  D  SILVER SPRING OASIS  St Luke’s Lutheran Church, 9100 Colesville Rd. (#00995) Kristin 202-308-3775.

TUE  7:00p – 9:00p  D/St/Sp  HILLANDALE H.O.W.  Episcopal Church of Our Saviour, 1700 Powder Mill Rd, Silver Spring. Enter lower level. (#37959) Betty M. 301-589-7816, Suzanne W. 301-651-6018. When MC schools close for weather, group holds phone meeting.

WED  7:00a  BB/D/D  BETHESDA BIG BOOK STUDY  United Church of Christ, 10010 Fernwood Rd (at Democracy Blvd) in library. (#48181) Ring bell for entry. Peggy 301-651-2574.


WED  7:00p  BB  BIG BOOK STUDY  Church of the Ascension, 205 S Summit, Gaithersburg. Side door downstairs (knock). Room 1. (#54277) Amy 301-300-9325, Becky 301-787-8965.

THU  12:00N  W/St  ROCKVILLE GOOD FEELINGS  Faith United Methodist Church, 6810 Montrose Rd, (1/2 mile east of I-270) 2nd FL. Go to office door to be admitted. (#10153) B. Charles 301-946-4815, Pat 301-469-8148, Regina 301-515-0688.


FRI  7:00a  St  CAROL’S FRIDAY STEPS  United Church of Christ (in library) 10010 Fernwood Rd (at Democracy Blvd), Bethesda. (#30361) Ring bell for entry. Anna 301-529-4929.

FRI  12:00n  BB/St  GAITHERSBUG FRIAY FELLOWSHIP  Grace United Methodist Church, 119 N. Frederick Ave. Room W201, upstairs. Parking lot behind church. (#49319) Children welcome! Randi 301-655-5728. Linda 240-723-0502 No meeting when Mont Co. schools close for weather.

SAT  9:00a  D  GAITHERSBUG H.O.W.  BIG BOOK  Church of the Ascension, 205 S BOOK, Gaithersburg. Side door, Room 1. (#40149) Amy 301-300-9325, Mary H 301-938-9755.

SAT  10:30a  St/Sp/D  STEPS AND SLOGANS SILVER SPRING  Memorial First India Methodist Church, 9226 Colesville Rd., Silver Spring. Enter bldg from lower level parking lot, turn right, go up to mezzanine level and thru double doors to Angels Room. (#10705) Fred 301-270-2439, Janis 301-587-0312.

SAT  10:00a  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) Andrea 301-570-2182.

SAT  11:00a  St  GAITHERSBUG 12 STEP  Church of the Ascension, 205 S Summit, Gaithersburg. Side door, Rm 1 (#17689) Muriel 301-438-2238.

MARYLAND – HOWARD & PRINCE GEORGE S COUNTIES AND SOUTH MEETINGS

SUN  3:00p  B/D/W  HYATTSVILLE NEWCOMERS & RETURNERS  Club 438, 1418 Hamilton St, rear door. (#40880)


MON  6:00p  W  COLUMBIA  Serenity Center, 9650 Basket Ring Rd (on Baltimore list). Gair 301-8298218.

MON  7:30p  D  GREENBELT  Greenbelt Baptist Church, 101 Greenhill Road (#01498) Down the stairs, go left to end. Meeting is in last room on right. Tom 240-305-3433, Jessica 240-601-3128.

MON  5:00p  St  NORTH BEACH  North East Community Center, 4075 Gordon Stinnett Road, (2nd floor) Rm. M2, Chesapeake Beach (#47247) (Next to the Waterpark), (on Annapolis list) Clare 301-873-5885

WED  7:30p  D/St  COLUMBIA  Serenity Center, 9650 Basket Ring Road (on Baltimore list)

WED  7:30p  W  COLLEGE PARK WRITING MTG  St. Andrews Episcopal Church, 4512 College Ave, College Park (#56482) Park in lot off Princeton (behind church) Enter thru glass door in corner of pkg lot. Follow signs to Youth Rm. Frank R, 301-395-3568, Frank2011oa@gmail.com, NEW Meeting

THU  1:00p  D  CLINTON  Christ Episcopal Church, 8710 Old Branch Ave., in Parish Hall. Enter thru double doors (#02995) Mary 301-292-5271, Connie 301-449-5758.

THU  5:00p  D  NORTH BEACH  North East Community Center, 4075 Gordon Stinnett Road, (2nd floor) Rm. M2, Chesapeake Beach (#47248) (next to the Waterpark), (on Annapolis list) Clare 301-873-5885

FRI  7:00p  St/Wr  COLLEGE PARK  St Andrew’s Episcopal Church, 4512 College Ave, College Park. Behind the Target Express, park in lot off Princeton Ave., go up steps by playground (Rectors’ Lounge) (#00662) Frank 301-395-3568.

SAT  9:30a  D/St  COLUMBIA  Serenity Center, 9650 Basket Ring Road (on Baltimore list)

SAT  10:00a  D  LUSBY  Middleham Chapel Parish Hall, Rte. 765 (HG Truman Rd) (on Annapolis list) Joyce T. 201-866-1484 ladycassandra1@verizon.net

Washington Area Intergroup
Contributions: Washington DC Area Intergroup Overeaters Anonymous PO Box 8121 Silver Spring, MD 20907 www.oa-dcmetro.org

Region 7 Office
www.oaregion7.org

For contributions, visit:
http://oaregion7.org/home/contributions-page/

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Annapolis Intergroup
www.annapolisoa.org

Frederick Intergroup
www.northernblueridgeoa.org

FAX: 301-894-3554

Intergroup meets at Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring. (Check electronic board in lobby for location.) Meetings are usually on the second Sunday of each month, 1:30-3:30pm.

PLEASE REPORT ANY CHANGES, DISCREPANCIES, OR ERRORS IN THIS LISTING TO whereandwhen@oa-dcmetro.org.

Virtual and Telephone Meetings – visit http://oa.org/find-a-meeting/