

For more information about OA please visit <http://www.oa-dcmetro.org>, or leave a message at [202-854-8462](tel:202-854-8462)

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, ♿ = Access for Persons with Disabilities, W = Workbook Study, Y = Youth Friendly Meeting

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](http://www.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.

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) Lee J. 202-344-6395.
MON	12:10p	L/D	N.E. LIFELINE CAPITOL HILL Church of the Reformation, 212 E. Capitol St NE. Between Union Station & Capitol South Metro Stops. (#37429) Russ 202-657-2161, This group DOES meet on federal holidays.
MON	7:00p	L	N.W. WASHINGTON Metropolitan Memorial United Methodist Church, 3401 Nebraska Ave NW, in the library. (#38537) Deborah 202-538-0370.
TUE	1:00p	D ♿	BYOL “TREASURE CAVE” LIFELINE St Stephen's Church, 1525 Newton St. NW, in the We Are Family office. Main entrance on 16h St. ADA entrance on Newton.(50105) Amy T. 202-446-8169-cell.
TUE	7:15p	St	N.W. SPIRITUALITY Dupont Circle Club, 1623 Conn. Ave. NW, Room 200. Entrance door between Comfort Shoes and LouLou. Upstairs front room. (#31853) Tina D, 443-913-4039, tinamdudley@gmail.com .
WED	6:45p	L	SHAW MEDITATION St. Augustine Catholic Church, Gingras Center, 1419 V St NW. Dial 100 at top of stairs for entry. (#54497). Geri 303-809-0449, comadc73@gmail.com .
WED	8:15p	D ♿	N.W. FRIENDSHIP St. Columba's Church, 42nd & Albemarle St. NW, Room 203 Enter on Albemarle St., 1 block from Tenley Metro stop. (#39747), Shelley 301-654-8077 Jodi L. 301- 767-1767.
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 202-657-2161. This group DOES NOT meet on Federal holidays.
THU	6:30p	D	RED BRICK ROW HOUSE MTG 2029 11th St, NW (between U and V) 2nd floor of the red brick row house (#54852) Allison A.561-702-8186.
THU	7:00p	St	TAKOMA DC Seekers Church, 276 Carroll St NW, ring bell at front door. Across from Takoma Metro. (#56053) Pamela 703-261-4404 .
FRI	6:30p	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) Avis 202-362-9579, Janis 301-587-0312, Jeremy W. 240-506-7021,
SAT	9:30a	L	WESTSIDE CLUB 1341 Wisconsin Ave NW, 2nd flr (enter side entrance-Morgan rm) (#51532) Debbie D 202-271-9301 parisfemme@gmail.com
SAT	10:30a	D	N.W. JUST FOR TODAY Holy Comforter Episcopal Church, 701 Oglethorpe St. NW Side entrance, down steps. (#03006) Nora 301-731-0060..
SAT	5:00p	B/St/Sp	N.W. LGBTQ and Everyone Welcome. Triangle Club, 2030 P St, NW. Upstairs (#31854) Amy T. 202-446-8169 cell/text, Fred 202 903-7243. Temporary location during renovations at St. Thomas Church. No ADA access

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

Chair (Interim) Kathy A. chair@oa-dcm.etro.org	Treasurer Muriel C. treasurer@oa-dcmetro.org	Recording Secretary Bubba P. rec-secretary@oa-dcmetro.org	Corresponding Secretary Linda S. cor-secretary@oa-dcmetro.org
Vice Chair Carlene P. vicechair@oa-dcmetro.org	Asst. Treasurer Stephanie 402-981-1314	Web Content Contact Position Open webcontact@oa-dcmetro.org	Events Committee Chair Amy T. events@oa-dcmetro.org
W/W Coordinator Niki whereandwhen@oa-dcmetro.org	Newsletter Sonya S. 310-995-1179 newsletter@oa-dcmetro.org	Literature Dale B. literature@oa-dcmetro.org	Outreach Committee Chair Position Open outreach@oa-dcmetro.org
Answering Service Committee 202-854-8462 (Answering Svc) answeringservice@oa-dcmetro.org			Inreach Committee Chair Position Open inreach@oa-dcmetro.org

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/	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 www.annapolisoa.org Frederick Intergroup 301-694-3554 www.northernblueridgeoa.org
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MARYLAND - MONTGOMERY COUNTY & NORTH MEETINGS

SUN	9:30a – 10:45a	Sp/D ♻️	TOGETHER WE CAN Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring, Auditoriums A&C, 1 st fl. (#30114) Andrea, 301-570-2182. (Free parking on street. Paid parking in hospital lot.) Exceptions: Meeting will be in Physicians Dining Rm, 2 nd fl. on 1/21, 2/11, 3/4 and 3/25.
SUN	11:00a – 12:15p	D/St ♻️	SPIRITUALITY & STEPS Holy Cross Hospital, 1500 Forest Glen Rd, Silver Spring, EDU 1, 1st Floor. (#38457) No children please. Teresa 240-481-4318. (Free parking on street. Paid parking in hospital lot.)
MON	10:00a-11:30a	St/L/ 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.240-669-9676
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 ♻️	HILLDALE 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 ♻️	BETHESDA BIG BOOK STUDY United Church of Christ, 10010 Fernwood Rd (at Democracy) in library. (#48181) Peggy 301 651-2574. Ring bell for entry.
WED	12:30p	D	11th STEP ABSTINENCE St. Luke Lutheran Church, 9100 Colesville Rd., Silver Spring. Enter via church offices (#45416) Howard S. 202-529-4800 ext 108. Ron ronsong@aol.com.
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. (Group #01531). B. Charles 301-946-4815, Pat 301-469-8148, Regina 301-515-0688 .
THU	7:15p – 8:30p	St	ROCKVILLE STEP/TRADITION Rockville Church of Christ, 1450 W. Montgomery Ave., Rockville (#40148) Linda 301-294-0566, Bob P. 301-340-9452.
FRI	7:00a	St ♻️	CAROL'S FRIDAY STEPS United Church of Christ (in library) 10010 Fernwood Rd (at Democracy Blvd), Bethesda. (#03361) Anna 301-529-4929. Ring bell for entry.
FRI	12:00n	D ♻️	GAITHERSBURG Grace United Methodist Church, 119 N. Frederick Ave. Room 201W, upstairs. Parking lot behind church. (#49319) Children welcome! Randi 301- 655-5728. No meeting when Montg. Co. schools closed for snow.
SAT	9:00a	D ♻️	GAITHERSBURG H.O.W. BIG BOOK Church of the Ascension, 205 S Summit, Gaithersburg. The small chapel. (#40149) Amy 301-300-9325, Mary H 301-838-9755.
SAT	10:10am	B	BEGINNERS Memorial First India Methodist Church, 9226 Colesville Rd., Silver Spring. Enter bldg from lower parking lot, turn right, go to mezzanine level and thru double doors to Angels Rm. (#01705) Janis 301-587-0312.
SAT	10:30am	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. (#01705), Fred 301-270-2439, Janis 301-587-0312.
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) Andrea 301-570-2182.
SAT	11:00a	St ♻️	GAITHERSBURG 12 STEP Church of the Ascension, 205 S Summit, Gaithersburg. Side door, Rm 1 (#17689), Muriel 301-438-2238

MARYLAND – HOWARD & PRINCE GEORGES COUNTIES AND SOUTH MEETINGS

SUN	3:00p	B/D/W	HYATTSVILLE NEWCOMERS & RETURNERS 180 Club, 5418 Hamilton St, rear door. (#40880)
MON	10:30a	D	COLUMBIA Abiding Savior Lutheran Church, 10689 Owen Brown Rd, Columbia, MD. Babysitting available. Joanne 410-963-2102 , Tricia 410-489-0033.
MON	6:00p	W	COLUMBIA Serenity Center, 9650 Basket Ring Rd (on Baltimore list.) Garr 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)
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 Av, College Park. Behind the Target Express, 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 list)
SAT	10:00a	D	LUSBY Middleham Chapel Parish Hall, Rte. 765 (HG Trueman Rd) (on Annapolis list) Joyce T. 201-866-1484 ladycassandra1@verizon.net

**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.
For virtual and telephone meetings, go to <http://www.oa.org/meetings/find-a-meeting-online/>