

# Overeaters Anonymous – District of Columbia and Maryland Meetings

Updated September 16, 2018

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, Study, D = Discussion, L = Literature, St = Step-Tradition Study, Sp = Speakers, Wr = Writing, W = Workbook Study, Y = Youth Friendly Meeting, ♿ = 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](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	<b>N.W. NEW VISIONS</b> 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	<b>N.E. LIFELINE CAPITOL HILL</b> Church of the Reformation, 212 E. Capitol St NE. Between Union Station & Capitol South Metro Stops. (#37429) Russ 202-657-2161, <a href="#">This group DOES meet on federal holidays.</a>
MON	7:00p	L	<b>N.W. WASHINGTON</b> Metropolitan Memorial United Methodist Church, 3401 Nebraska Ave NW, in the library. (#38537) Deborah 202-538-0370.
TUE	1:00p	D ♿	<b>BYOL "TREASURE CAVE" LIFELINE</b> 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	<b>N.W. SPIRITUALITY</b> 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, <a href="mailto:tinamdudley@gmail.com">tinamdudley@gmail.com</a> .
WED	6:45p	L	<b>SHAW MEDITATION</b> St. Augustine Catholic Church, Gingras Center, 1419 V St NW. Dial 100 at top of stairs for entry. (#54497) Geri 303-809-0449, <a href="mailto:comadc73@gmail.com">comadc73@gmail.com</a> .
WED	8:15p	D ♿	<b>N.W. FRIENDSHIP</b> 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	<b>N.E. CAPITOL HILL LITERATURE/WRITING</b> Church of the Reformation, 222 E. Capitol St NE. Between Union Station & Capitol South Metro Stops. (#39895) Russ 202-657-2161. <a href="#">This group DOES NOT meet on federal holidays..</a>
THU	6:30p	D	<b>RED BRICK ROW HOUSE</b> 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	<b>TAKOMA DC</b> Seekers Church, 276 Carroll St NW, ring bell at front door. Across from Takoma Metro. (#56053) Pamela <a href="tel:703-261-4404">703-261-4404</a> .
FRI	6:30p	B	<b>N.W. FRIENDS</b> St. Margaret's Episcopal Church, 1830 Connecticut Ave. NW. Rear entrance (in alley) to 2 <sup>nd</sup> fl, via back outside stairs. (#25238) Avis 202-362-9579, Janis 301-587-0312, Jeremy W. 240-506-7021,
SAT	9:30a	L	<b>WESTSIDE CLUB</b> 1341 Wisconsin Ave, 2nd flr. Enter side entrance-MorganRoom. (#51532) Debbie D 202-271-9301 <a href="mailto:parisfemme@gmail.com">parisfemme@gmail.com</a>
SAT	10:30a	D	<b>N.W. JUST FOR TODAY</b> Holy Comforter Episcopal Church, 701 Oglethorpe St. NW Side entrance, down steps. (#03006) Nora 301-731-0060.
SAT	5:00p	B/St/Sp ♿	<b>N.W. LGBTQ and Everyone Welcome.</b> All Souls Church, 2300 Cathedral Av NW, Woodley Park. Enter off parking lot on Woodley Rd. (#31854) Amy T. 202-446-8169 cell/text, Enrique 202 286-1087. (Temp location during renovations at St. Thomas Church). <b>New location.</b>

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

<b>Chair</b> Carlene P. <a href="mailto:chair@oa-dcmetro.org">chair@oa-dcmetro.org</a>	<b>Treasurer</b> Muriel C. <a href="mailto:treasurer@oa-dcmetro.org">treasurer@oa-dcmetro.org</a>	<b>Recording Secretary</b> Bubba P. <a href="mailto:rec-secretary@oa-dcmetro.org">rec-secretary@oa-dcmetro.org</a>	<b>Corresponding Secretary</b> Linda S. <a href="mailto:cor-secretary@oa-dcmetro.org">cor-secretary@oa-dcmetro.org</a>
<b>Vice Chair</b> Position Open <a href="mailto:vicechair@oa-dcmetro.org">vicechair@oa-dcmetro.org</a>	<b>Asst. Treasurer</b> Stephanie 402-981-1314	<b>Web Content Contact</b> Position Open <a href="mailto:webcontact@oa-dcmetro.org">webcontact@oa-dcmetro.org</a>	<b>Events Committee Chair</b> Amy T. <a href="mailto:events@oa-dcmetro.org">events@oa-dcmetro.org</a>
<b>W/W Coordinator</b> Niki <a href="mailto:whereandwhen@oa-dcmetro.org">whereandwhen@oa-dcmetro.org</a>	<b>Newsletter</b> Sonya S. 310-995-1179 <a href="mailto:newsletter@oa-dcmetro.org">newsletter@oa-dcmetro.org</a>	<b>Literature</b> Dale B. <a href="mailto:literature@oa-dcmetro.org">literature@oa-dcmetro.org</a>	<b>Outreach Committee Chair</b> Debbie D. <a href="mailto:outreach@oa-dcmetro.org">outreach@oa-dcmetro.org</a>
<b>Answering Service Committee</b> 202-854-8462 (Answering Svc) <a href="mailto:answering@oa-dcmetro.org">answering@oa-dcmetro.org</a>			<b>Inreach Committee Chair</b> Amy T. <a href="mailto:inreach@oa-dcmetro.org">inreach@oa-dcmetro.org</a>

**MARYLAND - MONTGOMERY COUNTY & NORTH MEETINGS**

SUN	9:30a – 10:45a	Sp/D ♻️	<b>TOGETHER WE CAN</b> 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 /L/ Sp ♻️	<b>GRACEFIELD ROAD OA</b> 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 ♻️	<b>BETHESDA REACHIN' OUT</b> United Church of Christ, 10010 Fernwood Rd. (at Democracy Blvd.) (#04391) Evelyn 301-299-7104
MON	7:00p	L/D ♻️	<b>100 POUNDERS</b> 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 ♻️	<b>SILVER SPRING OASIS.</b> St Luke's Lutheran Church, 9100 Colesville Rd. (#00995) Kristin 202-308-3775.
TUE	7:00p – 9:00p	D/St/ Sp ♻️	<b>HILLANDALE H.O.W.</b> Episcopal Church of Our Saviour, 1700 Powder Mill Rd, Silver Spring. Enter lower level. (#37959) Betty M. <a href="tel:301-589-7816">301-589-7816</a> , Suzanne W. <a href="tel:301-651-6018">301-651-6018</a> . When MC schools close for weather, group holds phone meeting.
WED	7:00a	BB/D ♻️	<b>BETHESDA BIG BOOK STUDY</b> United Church of Christ, 10010 Fernwood Rd (at Democracy Blvd) in library. (#48181) Ring bell for entry. Peggy 301-651-2574.
WED	12:30p	D	<b>11th STEP ABSTINENCE</b> 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	<b>BIG BOOK STUDY</b> 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	<b>ROCKVILLE GOOD FEELINGS</b> Faith United Methodist Church, 6810 Montrose Rd, (1/2 mile east of I-270) 2nd FL. Go to office door to be admitted. (#01531) B. Charles 301-946-4815, Pat 301-469-8148, Regina 301-515-0688.
THU	7:15p – 8:30p	St	<b>ROCKVILLE STEP/TRADITION</b> Rockville Church of Christ, 1450 W. Montgomery Ave., Rockville (#40148) Linda 301-294-0566, Bob P. 301-340-9452.
FRI	7:00a	St ♻️	<b>CAROL'S FRIDAY STEPS</b> United Church of Christ (in library) 10010 Fernwood Rd (at Democracy Blvd), Bethesda. (#03361) Ring bell for entry. Anna 301-529-4929.
FRI	12:00n	BB/St ♻️	<b>GAITHERSBURG FRIDAY FELLOWSHIP</b> Grace United Methodist Church, 119 N. Frederick Ave. Room W201, upstairs. Parking lot behind church. (#49319) <b>Children welcome!</b> Randi 301- 655-5728. Linda 240-723-0502 <b>No meeting when Montg.Co. schools close for weather.</b>
SAT	9:00a	D ♻️	<b>GAITHERSBURG H.O.W. BIG BOOK</b> Church of the Ascension, 205 S Summit, Gaithersburg. Side door, Room #1. (#40149) Amy 301-300-9325, Mary H 301-838-9755.
SAT	10:30a	St/Sp/ D	<b>STEPS AND SLOGANS SILVER SPRING</b> 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	10:00a	St ♻️	<b>KENSINGTON SATURDAY STEPPING</b> 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 ♻️	<b>GAITHERSBURG 12 STEP</b> 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	<b>HYATTSVILLE NEWCOMERS &amp; RETURNERS</b> 180 Club, 4318 Hamilton St, rear door. (#40880)
MON	10:30a	D	<b>COLUMBIA</b> Abiding Savior Lutheran Church, 10689 Owen Brown Rd, Columbia, MD. Babysitting available. Joanne <a href="tel:410-963-2102">410-963-2102</a> , Tricia 410-489-0033.
MON	6:00p	W	<b>COLUMBIA</b> Serenity Center, 9650 Basket Ring Rd (on Baltimore list.) Garr 301-8298218.
MON	7:30p	D ♻️	<b>GREENBELT.</b> 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	<b>NORTH BEACH</b> 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	<b>COLUMBIA</b> Serenity Center, 9650 Basket Ring Road (on Baltimore list)
WED	7:30p	W	<b>COLLEGE PARK WRITING MTG</b> 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. <a href="mailto:Frank2011oa@gmail.com">Frank2011oa@gmail.com</a> . <b>NEW Meeting</b>
THU	1:00p	D ♻️	<b>CLINTON</b> 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	<b>NORTH BEACH</b> 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	<b>COLLEGE PARK</b> 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	<b>COLUMBIA</b> Serenity Center, 9650 Basket Ring Road (on Baltimore list)
SAT	10:00a	D	<b>LUSBY</b> Middleham Chapel Parish Hall, Rte. 765 (HG Trueman Rd) (on Annapolis list) Joyce T. 201-866-1484 ladycassandra1@verizon.net

<b>Washington Area Intergroup</b> Contributions: Washington DC Area Intergroup Overeaters Anonymous PO Box 8121 Silver Spring, MD 20907 <a href="http://www.oa-dcmetro.org">www.oa-dcmetro.org</a>	<b>Region 7 Office</b> <a href="http://www.oaregion7.org">www.oaregion7.org</a>  For contributions, visit: <a href="http://oaregion7.org/home/contributions-page/">http://oaregion7.org/home/contributions-page/</a>	<b>OA World Service Office</b> OA World Service P. O. Box 44020 Rio Rancho, NM 87174-4020 505-891-2664 <a href="http://www.oa.org">www.oa.org</a>	<b>Northern Virginia Intergroup</b> 703-823-6682 <a href="http://www.oanova.org">www.oanova.org</a>
			<b>Baltimore Intergroup</b> 410-764-3136 <a href="http://www.oabaltimore.org">www.oabaltimore.org</a>
			<b>Annapolis Intergroup</b> <a href="http://www.annapolisoa.org">www.annapolisoa.org</a>
			<b>Frederick Intergroup</b> 301-694-3554 <a href="http://www.northernblueridgeoa.org">www.northernblueridgeoa.org</a>

**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](mailto:whereandwhen@oa-dcmetro.org).

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