



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 eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer.

*To make contributions:
Tidewater Intergroup
Contact Intergroup Treasurer, Maura Z
at treasurer@oatidewater.org
www.OATidewater.org*

*World Service Office
PO Box 44020
Rio Rancho, NM
87174-4020
www.OA.org*

Region 7, Inc.
www.OARegion7.org*

**Contributions to Region 7 only accepted through their website*

| CITY | WEEKDAY | HOURS | LOCATION | CONTACT | PHONE | COMMENTS |
|----------------|-----------|-----------------|---|------------------|----------------------------------|--|
| Chesapeake | Thursday | 7:30p - 8:30p | St. Thomas Episcopal Church 233 Mann Drive (Corner of Cedar Road) | June Courtney | (757) 967-8768 (757) 620-3287 | Limited to 3 student observers per meeting |
| Newport News | Tuesday | 7:00p - 8:00p | Denbigh First Presbyterian 302 Denbigh Blvd | Rachel | (757) 570-1219 | Big Book Study |
| Newport News | Saturday | 10:00a - 11:00a | Hiddenwood Presbyterian Church 414 Hiden Blvd | Carol | (804) 824-1138 | |
| Norfolk | Wednesday | 7:00p - 8:00p | St. Timothy Lutheran Church 1051 Kempsville Road | Barbara | (757) 403-0624 | Study of the first 164 pages of Big Book of Alcoholics Anonymous |
| Virginia Beach | Tuesday | 11:00a - 12:00p | Haygood United Methodist 4713 Haygood Road | Marcia | (757) 464-1527 | In the Joy Room |
| Virginia Beach | Tuesday | 7:00p - 8:30p | Emmanuel Episcopal Church 5181 Singleton Way | George | (757) 581-6865 | HOW 2 nd & 4 th week are Big Book Study |
| Virginia Beach | Thursday | 8:00p - 9:00p | Courthouse Community United Methodist Princess Anne Road (across from TPC Golf Course) | Patti | pattiopera@yahoo.com | Open Discussion |
| Virginia Beach | Saturday | 8:30a - 9:30a | Eastern Shore Chapel 2020 Laskin Road | Sheri | (619) 985-4673 | OA 12 Steps & 12 Traditions Study |
| Virginia Beach | Saturday | 9:00a - 10:30a | Emmanuel Episcopal Church 5181 Singleton Way | Susan | (757) 461-0180 | HOW Step Study 1 st Week |
| Williamsburg | Thursday | 7:30p - 8:30p | Williamsburg United Methodist 514 Jamestown Road | Mimi | (908) 803-1904 | |

*as of 3/18/2017 SH