

*Overeaters Anonymous
December 2011
Meeting List*

Tidewater Intergroup
P.O. Box 61908
Virginia Beach, VA 23466

Tidewater OA Hotline (757) 456-1530
["http://www.oatidewater.org"](http://www.oatidewater.org)

World Service Office
P.O. Box 44020
Rio Rancho, NM
87174-4020
(505) 891-2664
["http://www.oa.org"](http://www.oa.org)

Region 7, Inc.
3500 S. DuPont Hwy. Dover, DE
19901-6011
["http://www.oaregion7.org"](http://www.oaregion7.org)

Overeaters Anonymous offers a program of recovery from compulsive overeating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. Unlike other organizations, OA is not just about weight loss, obesity or diets; it addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. To address weight loss, OA encourages members to develop a food plan with a health care professional and a sponsor. If you want to stop your compulsive eating, welcome to Overeaters Anonymous.

For meeting transportation assistance: Contact Heidi at (757) 340-0921

Send meeting list changes to: Lou S. (757) 356-0411 at swimblacklab1@msn.com

CITY	WEEKDAY	HOURS	LOCATION	CONTACT	PHONE	COMMENTS
CHESAPEAKE	THURSDAY	7:30-8:30 pm	St. Thomas Episcopal Church 233 Mann Drive (Corner of Cedar Road)	June Courtney	(757) 967-8768 (757) 620-3287	
NEWPORT NEWS	TUESDAY	7:30-8:30 pm	Denbigh First Presbyterian 302 Denbigh Blvd.	Ozzie	(757) 596-1535	Young People (18-25) Friendly Meeting
NEWPORT NEWS	SATURDAY	10:00-11:00 am	Hiddenwood Presbyterian Church 414 Hidden Blvd	Megan Penny	(757) 969-5291 (757) 887-0260	Young People (18-25) Friendly Meeting
NORFOLK	FRIDAY	7:00-8:00 pm	Christ United Methodist Church 1601 Bayview Blvd	Liz	(757) 480-8864	Closed (Restricted to those who desire to stop eating compulsively)
NORFOLK	1 st Monday every month	7:15 – 9:00 pm	Intergroup Meeting Kempsville Center, 860 Kempsville Rd	Jill	(757) 340-2903	Next meeting is January 9, 2012
VIRGINIA BEACH	TUESDAY	7:00-8:30 pm	Emmanuel Episcopal Church 5181 Princess Anne Rd	George	(757) 581-6865	HOW 2 nd and 4 th week are Big Book Study
VIRGINIA BEACH	MONDAY	10:00-11:00 am	Haygood United Methodist Church 4713 Haygood Road Haygood/Independence and Ferry Plantation Rd	Zaida	(757)-201-8543	
VIRGINIA BEACH	THURSDAY	8 PM	Courthouse Community United Methodist Church Princess Anne Road (across from TPC golf course)	Patti	(407) 353-8840	Open discussion Young People (18-25) Friendly Meeting
VIRGINIA BEACH	SATURDAY	8:30-9:30 am	Eastern Shore Chapel 2020 Laskin Road	Jill	(757) 340-2903	Step Study Early Bird
VIRGINIA BEACH	SATURDAY	9:00-10:45 am	Emmanuel Episcopal Church 5181 Princess Anne Rd	Susan	(757) 461-0180	HOW Step Study 1st and 3rd Week
WILLIAMSBURG	THURSDAY	7:30-8:30 pm	Williamsburg United Methodist 514 Jamestown Road	Sandra W.	(757) 564-0260	