

Tuesday

6:30-7:30 p.m. Hagerstown, MD
Walnut Street Community Health Center,
Conference Room
24 North Walnut Street
Open Discussion/Big Book Study
Group #49175 Intergroup Rep: Barb
Contact: Barb 301-845-8849

6-7:00 p.m. Frederick, MD
Wesley Chapel UMC,
3515 Urbana Pike (Rt. 355)
Sampler Book/Open Discussion
Group # 23180 Intergroup Rep: Maggie
Contact: Maggie 832-515-4064

Wednesday

7-8:00 p.m. Frederick, MD
Christ United Methodist Church
5609 Ballenger Creek Pike
Newcomer/Step Study
Group #46266 Intergroup Rep: Michele
Contact: Michele 301-662-0789

Wednesday

7-8:00 p.m. Shepherdstown, WV
New Street Methodist Church
Corner of New and Church Streets
Basement
Format varies
Group #47816 Intergroup Rep: Wendy
Contact: Wendy 304-876-6130
Bill 304-676-9145

Thursday

7:00-8:15 p.m. Frederick, MD
Trinity United Methodist Church
703 West Patrick Street, Room 109
(enter from Kline Blvd)
Step/Tradition Study
Group #46351 Intergroup Rep: Sharon S.
Contact: Margaret 301-682-7769

Friday

9:30-10:30 a.m. Frederick, MD
Center for Integrative Healthcare
340 Park Avenue
2nd Floor Conference Room
Recovery from Relapse
Group #46029 Intergroup Rep: Rosie
Contact: Rosie 301-695-4307
Annie 301-694-0038
(Inclement weather call 301-663-1683 for
information) Not a child friendly meeting

Saturday

9:30-10:30 a.m. Frederick, MD
Frederick Memorial Hospital
400 West 7th Street
Classroom 6, Second floor
1st Saturday Newcomers Meeting
Newcomers welcome at all OA meetings
Group #22112 Intergroup Rep:
Contact: Marion 301-662-4052

10:45 a.m. 2nd Saturday
Intergroup meeting in Classroom 6
following the 9:30 regular meeting..

10-11:00 a.m. Ranson, WV
Jefferson Memorial Hospital
300 S. Preston Street
3rd Floor Classroom
(across the hall from elevator)
OA/AA Step Tradition Study
Group #48458 Intergroup Rep: Teri
Contact: Teri 304-728-4832
JoAnn 304-728-2511

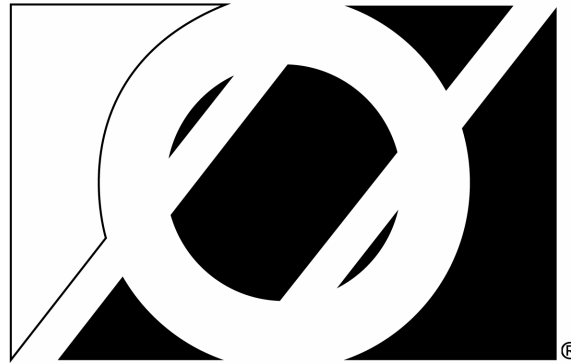
The only requirement for OA membership is a desire to stop eating compulsively.

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.

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.



Frederick County Maryland Intergroup

Names and Phone Numbers

**The Frederick County Area
Overeaters Anonymous
Intergroup of Maryland #9509
Region 7 Meeting List**

P.O. Box 1627, Frederick, MD 21702
301-694-3554
www.FrederickRegionOA.org
June, 2007

Each group has but one primary purpose – to carry its message to the compulsive overeater who still suffers.

Call contact person to be sure meeting information is still current.

Sunday

6:30-7:30 Middletown, MD
Christ Reformed Church, UCC
12 South Church Street
Open Discussion/Step Study
2nd Sunday Newcomers meeting
Newcomers welcome at all OA meetings
Group #40950 Intergroup Rep:
Contact: Rebecca 301-371-3654

5:00-6:00 Martinsburg, WV
City Hospital, Classroom 1
 across from cafeteria
Format varies
3rd Sunday Newcomers meeting
Newcomers welcome at all OA meetings
Group #21833 Intergroup Rep:
Contact: Ginnie 304-274-6114