

North Cascade Intergroup Overeaters Anonymous Meeting List

Update January 20, 2019

Day	Time	City	Address	Format	Contact	Phone
Sun	9:00 - 10:30 AM 5:00 to 6:00 PM	Bellingham Burlington	St Joseph's Hospital Main Campus Physicians' Dining Room Christ the King Church	Big Book Study Big Book Study	Robiin RandyB	360-770-4221 360-914-2560
Mon	10:30 - 11:30AM	Anacortes	Anacortes Lutheran Church 22nd & O Ave	Varied, Fragrance free	Kim	707-738-3067
Mon	5:30 - 6:45 PM	Everett	Providence Med. Ctr. (Pacific Campus) 916 Pacific Ave Monte Cristo Room	Literature	Sandra	425-238-8874
Mon	6:00 - 7:00 PM	Langley	Langley AA Hall 432-2nd Street	Varied	Leslie	360-320-2539
Mon	6:30 – 7:30	Bellingham	Saint Luke's Education Center 3333 Squalicum Parkway	Literature Study	Richard	360-201-3786
Tues	5:30- 6:30 PM _____	Bellingham	Garden Street Methodist Church 1326 North Garden Street	Literature	Diane L	360-927-2758
Tues	6:00-7:00 PM	Mt Vernon	Scagit Valley Hospital 1415 E Kincaid St. Salk room	Big Book study	Cherrie	206-353-1307
Wed	5:30 - 6:30 PM	Bellingham	Saint Luke's Education Center 3333 Squalicum Parkway	Relapse and Steps	Marc	360-510-4560
Wed	6-7 PM	Oak Harbor	Oak Harbor Lutheran Church 1253 NW 2 nd Ave	Varied, Fragrance free	Glenn	360-544-8433/369-632- 6791
Wed	6 PM to 7 PM	Camano Island	St Aidan's Episcopal Church 1318 WA-532		Ina	425–259-9123
Thur	6:00 - 7:00 PM _____	Marysville	Mountain View Presbyterian Church 5115- 100 th St NE	Literature Study	Ruth	425-350-6595
	12-1 PM					

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Thur	----- 12 – 1 PM	Bellingham ----- Coupeville	St John's Lutheran Church Cornwall Ave. ----- Living Hope Four Square Church	Varies Includes meditation -----	Linda ----- Janet	360-734-3312 ----- 206-387-1924
Thur	7:00 – 8 PM	Anacortes	Center for Spiritual Growth 1013 – 5 th St	11 th Step	Jennifer	951-237-8626
Fri	12:00 - 1:00 PM	Bellingham	First Congregational Church 2401 Cornwall Ave Room 11	Step & Tradition study	Claire H	360-441-2021
Sat	9:00 –10:00AM	Friday Harbor	395 Spring Street House next door to church	Varied	David	360-378-8436
Sat	10:00 - 11:30AM	Bellingham	St. James Presbyterian Church 910 14th Street	Literature study	Elaine B.	360-715-1681

North Cascade Intergroup Officers		Phone
Chair	Claire H	360-441-2021
Vice-Chair	Sandra	425-238-8874
Secretary	Allen T	360-222-4025
Treasurer	Michael H.	425-268-0020