



## North Cascade Intergroup Overeaters Anonymous Meeting List Long April 2, 2020

Day	Time	City	Address	Format	Contact	Phone
Sun	9:00 - 10:30 AM	Bellingham	St Joseph's Hospital Main Campus Physicians' Dining Room Call meeting contact	Big Book Study	Mary	360-336-4214
Sun	5:00 - 6:00 PM Check in 4:45	Mt Vernon	Christ The King Church 2111 Riverside Dr ZOOM 815 991 235	Literature Variable	Marlene	720-209-9098
Mon	10:30 -11:30 AM Check in 10:15	Anacortes	Anacortes Lutheran Church 22nd & O Ave ZOOM 244 895 355	Varied, Fragrance free	Betty	360-202-5679
Mon	6:00 - 7:00 PM	Langley	Langley AA Hall 432-2nd Street ZOOM 422 869 5036	Varied	Allen	206-999-1424
Mon	6:30 – 7:30 PM	Bellingham	St Luke's Education Center 3333 Squalicum Parkway Call meeting contact	Varied	Richard	360-201-3786
Tue	5:30-6:30 PM	Bellingham	Garden Street Methodist Church 1326 North Garden Street Call meeting contact	Literature	Ray	360-734-7927
Wed	5:30 - 6:30 PM	Bellingham	Saint Luke's Education Center 3333 Squalicum Parkway Call meeting contact	Relapse and Steps	Marc	360-510-4560
Wed	6:00 - 7:00 PM	Oak Harbor	Oak Harbor Lutheran Church 1253 NW 2nd Ave PHONE 1-712-770-5505 615987	Varied	Glenn	360-544-8433
Wed	6:00 - 7:00 PM	Bellingham	Saturday AM Second meeting ZOOM 540 156 183	Same as Saturday mtg		
Thurs	12:00-1:00 PM	Bellingham	St. John's Lutheran Church 2530 Cornwall Ave CALL FIRST-SMALL F2F MTG	Includes Meditation	Linda	360-734-3312
Thurs	6:00 – 7:00 PM	Marysville	Mountain View Presbyterian Church 5115 -100 <sup>th</sup> St NE ZOOM 228 933 146	Literature	Dianna	425-737-3172
Thurs	7:00 – 8:00 PM	Anacortes	Center for Spiritual Growth 1013 – 5 <sup>th</sup> St TEMP CLOSED	11 <sup>th</sup> Step	Jennifer	951-237-8626
Fri	12:00 - 1:00 PM	Bellingham	First Congregational Church 2401 Cornwall Ave Room 11	Step & Tradition study	????	
Fri	2:00-3:00 PM	Langley	Langley PM Second Meeting ZOOM 422 869 5036	Same as Monday mtg		
Sat	9:00 –10:00AM	Friday Harbor	395 Spring Street House next to church CALL DAVID	Varied	David B	360-378-8436



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Sat	10:00 -11:30AM Check in 9:45	Bellingham	St. James Presbyterian Church 910 14th Street ZOOM 540 156 183	Literature study	Abby	360-398-3726
		Orcas Island	No Meeting, Contact Only		Susan	360-461-9846

\*For Phone meetings, if you do not have free long distance on your phone, please call your meeting contact for a toll-free number.

North Cascade Intergroup Officers		Phone	E-Mail
Chair	Allen T	206-999-1424	oancichair@gmail.com
Vice-Chair	Open		
Past Chair	Open		
Secretary	Betty C	360-202-5679	
Treasurer	Marjorie T	360-222-4025	oa.nci.delegate@gmail.com

North Cascade Intergroup current meetings list is available on automated phone line: 360-428-7107

Overeaters Anonymous website: [oa.org](http://oa.org)

North Cascade Intergroup website: [oa-nci.org](http://oa-nci.org)

NCI Delegate/Reps		Phone	E-Mail
WSBC Delegate/R1 Rep #1	Marjorie T	360-222-4025	oa.nci.delegate@gmail.com
Region 1 Rep #2	Allen T	206-999-1424	oancichair@gmail.com