



## North Cascade Intergroup Overeaters Anonymous Meeting List December 2022

Day	Time	City/ Location	Address	Format	Contact	Phone
Sun F2F	9:00 - 10:00 AM	Bellingham	3802 James St. Call for directions	Big Book Study	Mary	360-420-1044
Sun F2F	5:00 - 6:00 PM	Burlington	Christ The King Church 1000 Fountain St. Face-to-Face	Literature Variable	Kay	907-957-2002
Mon F2F	10:30 -11:30 AM	Anacortes	Anacortes Lutheran Church 22nd & O Ave Face-to-Face	Varied, Fragrance free	Colleen	360-708-8796
Mon	6:00 - 7:00 PM	Langley	Virtual Meeting 824 6443 7338/#Succe\$\$23	Varied	Allen	206-999-1424
Mon	6:30 – 7:30 PM	Bellingham	St Luke's Education Center 3333 Squalicum Parkway SUSPENDED	Varied	Richard	360-201-3786
Tue F2F	5:30-6:30 PM	Bellingham	First Congregational Church (Back) 2401 Cornwall Ave. Fireside Room Face-to-Face, Masks optional	Varied	Tim	360-319-4658
Wed	5:30-6:30 PM	Bellingham	Virtual Meeting 831 3095 0488/121212	Varied	Phil	778-240-6548 (CANADA)
Thurs	9:00-10:00 AM	Skagit Valley	Virtual Meeting 833 7638 0755/121212	Literature	Kay	907-957-2002
Thurs F2F/Phone	6:30 - 7:30 PM	Bellingham	3802 James St. Call for directions	Relapse and Steps	Marc	360-510-4560
Thurs F2F	7:00 – 8:00 PM	Anacortes	Center for Spiritual Growth 1013 – 5 <sup>th</sup> St Face-to-Face	11 <sup>th</sup> Step	Jennifer	951-237-8626
Fri	12:00 - 1:00 PM	Bellingham	Virtual Meeting 835 7075 3289/121212	Step/Tradition study	Justina Mary	425-238-5683
Sat F2F	9:00 –10:00 AM	Friday Harbor	395 Spring Street House next to church Call meeting contact	Varied	David B	360-378-8436
Sat F2F	10:00 - 11:30AM	Bellingham	St. James Presbyterian Church 910 14th Street Face-to-Face	Literature study	Rosemary	414-651-4354
Sat	10:00-11:30 AM	Bellingham	Virtual Meeting 767 592 5346/927884	Literature Study	Rosemary	414-651-4354



## North Cascade Intergroup Overeaters Anonymous Meeting List December 2022

		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	Kathy N	360-420-3165	<a href="mailto:Cochair7@gmail.com">Cochair7@gmail.com</a>
Vice-Chair	Jaime M	360-728-8558	<a href="mailto:Cochair7@gmail.com">Cochair7@gmail.com</a>
Past Chair	Allen T	206-999-1424	<a href="mailto:Oa.nci.chair.at@gmail.com">Oa.nci.chair.at@gmail.com</a>
Secretary	Kay S	907-957-2002	<a href="mailto:khavely@gmail.com">khavely@gmail.com</a>
Treasurer	Marjorie T	360-222-4025	<a href="mailto:Oa.nci.delegate@gmail.com">Oa.nci.delegate@gmail.com</a>

**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	Marjorie T	360-222-4025	<a href="mailto:Oa.nci.delegate@gmail.com">Oa.nci.delegate@gmail.com</a>
R1 Rep #1	Jaime M	360-728-8558	<a href="mailto:Cochair7@gmail.com">Cochair7@gmail.com</a>