



North Cascade Intergroup Overeaters Anonymous Meeting List February 2022

| Day | Time | City/ Location | Address | Format | Contact | Phone |
|----------------|------------------|-------------------|--|----------------------------|---------------------|--------------------------|
| Sun F2F | 9:00 - 10:00 AM | Bellingham | St Joseph's Hospital Main Campus Physicians' Dining Room Face-to-Face; Shots & booster/call for directions | Big Book Study | Mary | 360-336-4214 |
| Sun F2F | 5:00 - 6:00 PM | Burlington | Christ The King Church 1000 Fountain St. Face-to-Face Social Distance/Mask | 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\$\$ | Varied | Allen | 206-999-1424 |
| Mon | 6:00-7:00 PM | Bellingham | Virtual Meeting 767 592 5346/927884 | Big Book, Topic | For more Info>>> | oabellingham@gmail.com |
| Mon | 6:30 – 7:30 PM | Bellingham | St Luke's Education Center 3333 Squalicum Parkway SUSPENDED | Varied | Richard | 360-201-3786 |
| Tue | 5:30-6:30 PM | Bellingham | Garden Street Methodist Church 1326 North Garden Street ZOOM-Call meeting contact | Literature | Phil | 778-240-6548 (CANADA) |
| Wed | 7:00-8:00 PM | Bellingham | Virtual Meeting 767 592 5346/927884 | Steps/Traditions Varied | For more Info>>> | oabellingham@gmail.com |
| Thurs | 9:00-10:00 AM | Skagit Valley | Virtual Meeting 833 763 0755/121212 | Literature | Kay | 907-957-2002 |
| Thurs PHONE | 6:30 - 7:30 PM | Bellingham | Saint Luke's Education Center 3333 Squalicum Parkway Call meeting contact | Relapse and Steps | Marc | 360-510-4560 |
| Thurs F2F | 7:00 – 8:00 PM | Anacortes | Center for Spiritual Growth 1013 – 5 th St Face-to-Face Social Distance/Mask | 11 th 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 |



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|------------|----------------|---------------|---|------------------|----------|--------------|
| Sat F2F | 9:00 –10:00AM | 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 |
| | | Orcas Island | No Meeting, Contact Only | | Susan | 360-461-9846 |

| North Cascade Intergroup Officers | | Phone | E-Mail |
|-----------------------------------|------------|--------------|--|
| Chair | Kathy N | 360-420-3165 | Cochair7@gmail.com |
| Vice-Chair | Jaime A | 970-319-1128 | Cochair7@gmail.com |
| Past Chair | Allen T | 206-999-1424 | Oa.nci.chair.at@gmail.com |
| Secretary | Kay S | 907-957-2002 | khaveley@gmail.com |
| 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

North Cascade Intergroup website: oa-nci.org

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