



North Cascade Intergroup Overeaters Anonymous Meeting List June 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/Masks Required	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	6:30 – 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. Rm 11 Face-to-Face Masks required	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 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/Masks Required	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
Sat F2F	9:00 –10:00AM	Friday Harbor	395 Spring Street House next to church Call meeting contact	Varied	David B	360-378-8436



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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

*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		E-Mail
Chair	Kathy N	Cochair7@gmail.com
Vice-Chair	Jaime A	Cochair7@gmail.com
Past Chair	Allen T	Oa.nci.chair.at@gmail.com
Secretary	Kay S	khavely@gmail.com
Treasurer	Marjorie T	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		E-Mail
R1 Rep #1/WSBC Delegate	Marjorie T	Oa.nci.delegate@gmail.com