



North Cascade Intergroup Overeaters Anonymous Meeting List Long September 10, 2020

Day	Time	City	#	Address	Format	Contact	Phone
Sun	9:00 - 10:30 AM	Bellingham	33269	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	Mt Vernon	56671	Christ The King Church 2111 Riverside Dr SUSPENDED	Literature Variable	Marlene	720-209-9098
Mon	10:30 -11:30 AM	Anacortes	24943	Anacortes Lutheran Church 22nd & O Ave ZOOM 244 895 355/121212	Varied, Fragrance free	Betty	360-202-5679
Mon	6:00 - 7:00 PM	Langley	52520	Langley AA Hall 432-2nd Street ZOOM 824 6443 7338/121212	Varied	Allen	206-999-1424
Mon	6:30 – 7:30 PM	Bellingham	31126	St Luke's Education Center 3333 Squalicum Parkway SUSPENDED	Varied	Richard	360-201-3786
Tue	5:30-6:30 PM	Bellingham	39110	Garden Street Methodist Church 1326 North Garden Street ZOOM-Call meeting contact	Literature	Ray	360-734-7927
Wed	5:30 - 6:30 PM	Bellingham	46345	Saint Luke's Education Center 3333 Squalicum Parkway ZOOM-Call meeting contact	Relapse and Steps	Marc	360-510-4560
Wed	6:00 - 7:00 PM	Oak Harbor	39703	Oak Harbor Lutheran Church 1253 NW 2nd Ave SUSPENDED	Varied	Glenn	360-544-8433
Thurs	12:00-1:00 PM	Bellingham	53882	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	45594	Mountain View Presbyterian Church 5115 -100 th St NE ZOOM 228 933 146/121212	Literature	Dianna	425-737-3172
Thurs	7:00 – 8:00 PM	Anacortes	54365	Center for Spiritual Growth 1013 – 5 th St REOPENED Social Distance/Mask	11 th Step	Jennifer	951-237-8626



North Cascade Intergroup Overeaters Anonymous Meeting List Long September 10, 2020

Fri	12:00 - 1:00 PM	Bellingham	52237	First Congregational Church 2401 Cornwall Ave Room 11 ZOOM Call contact for info	Step & Tradition study	Justina Mary	425-238-5683
Sat	9:00 –10:00AM	Friday Harbor	22924	395 Spring Street House next to church CALL DAVID	Varied	David B	360-378-8436
Sat	10:00 -11:30AM Check in 9:45	Bellingham	38838	St. James Presbyterian Church 910 14th Street ZOOM 767 592 5346/927884	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	oa.nci.chair.at@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

North Cascade Intergroup website: 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	oa.nci.chair.at@gmail.com