Times and locations may change. Please call contact person or check our website - www.seattleoa.org - for updates.
Groups are listed in this meeting directory at their own request.

King County

CITY/TOWN	TIME	FOCUS	LOCATION	CONTACT NAME/PHONE
SUNDAY				
Bellevue	8:30-9:30a	BB / FF / SS	Alano Club of Eastside. "Happy, Joyous and Free in Recovery" 12302 NE 8th St (1 block west of 124th Ave NE)	Heather S. (425) 417-1091
Capitol Hill	9:00-10:00a	FF / NC / V	Group Health, South Bldg., 125 - 16th Ave E, Rm A-93	Courtney (206) 795-8311
Ballard	5:30-6:30p	*/OAHOW/V/NC	St Paul's Church of Christ, 6512 12th Ave NW, Room 2	Sharon L. (206) 783-0500
Mercer Island	5:30-6:30p	SS	Holy Trinity Lutheran Church - 8501 SE 40th St. (up Island Crest Way ~1 mile from I-90)	Lauri D. (425) 221-3304
Edmonds	6:30-7:30p	* / H / V	Edmonds Lutheran Church, 23525 - 84th Avenue W	Judith (206) 362-8897 Jeannie (425) 771-2593
Greenlake	7:00-8:15p	* / FF / NC / V	Samaritan Center of Puget Sound, 564 NE Ravenna Blvd (east side of bldg., downstairs)	Marc D. (206) 390-8631
MONDAY				
Phinney	10:00-11:30a	* / FF / H / SS / NC	St John Lutheran Church, Library "Together We Can" 5515 Phinney Avenue N (across from Woodland Park Zoo)	Sharon L. (206) 783-0500
Burien	10:30-11:30a	D / H / *	Highline United Methodist Church, 13015 - 1st Avenue South	Ruby (206) 241-0433 Jean (206) 243-1587
Issaquah	12:00-1:00p	CC / H / SS	Our Savior Lutheran Church, 745 Front St So (Brown Bags Welcome)	Claudia (425) 868-0860 Holly B. (425) 392-2488
Maple Valley	6:30-7:30p		St George Episcopal Church, "Dignity of Choice" 24219 Witte Rd, Maple Valley	Nancy P. (206) 409-4731
Bothell	7:00–8:15p	* / H / V	Emmanuel Presbyterian Church, 19540 104th Avenue NE	??
Columbia City	7:00–8:15p	*/ LS/ NC /S	Columbia City Church of Hope - 3818 South Angeline St (room right of main sanctuary)	Emily L. (206) 618-8298
TUESDAY				
Univ. District	12:15-1:30p	* / LS / M / W	University Christian Church "Mid-Day Serenity" 4731-15th Ave NE, Library (Brown Bags Welcome)	Carin (216) 502-5168
Burien	5:30-6:30p	BB	The Solution, 207 SW 153rd St.	Jen (206) 491-4332
Ballard	6:30-7:30p	* / OA HOW / SS	St Paul's Church of Christ, 6512 12th Ave NW, Room 1	Penelope (206) 557-7040
Duvall	6:30-7:30p	NC /SS	Old Post Office, SW Corner of NE Stella and 2nd Ave NE	Mick: sisyphaensoul@gmail.com
Kent	6:30p	OA HOW / V	Alliance Bible Church, 19320 SE 240th Street (Covington)	Vicki A (206) 234-4028
Northgate	7:00-8:15p	* / LS / NH	Haller Lake United Methodist Church 13055 - 1st Ave NE	Jana O. (206) 368-8322
Renton	7:00-8:00p	LS / NH	Renton First United Methodist Church - 2201 NE 4th St, Downstairs Rm 3 (use lower parking lot)	Sue H. (206) 612-6796
Bellevue	7:00-8:00p	OA HOW / LS	East Side Alano Club - 12302 NE 8th St	Claudia (925) 872–9040
WEDNESDAY				
Burien	5:00-6:00p	LS/M/NEW/W	The Solution - 207 SW 153rd Street	Valerie (425) 736-8740
Milton	6:00 – 7:30p	CLOSED	Milton United Methodist Church, 1403 10th Ave Literature/Discussion meeting	Brent (253) 441-1086
Bellevue	7:00-8:00p	V	St Luke's Church - 3030 Bellevue Way NE	Carolyn (425) 746-0746
Mercer Island	7:00-8:00p	BB/NEW	Holy Trinity Lutheran Church - 8501 SE 40th St. (up Island Crest Way ~1 mile from I-90), Starts May 3rd, 2017	Stefani B. (425) 301-7458
Shoreline	7:30-8:30p	H/M/V	City Calvary Chapel (Lower N. Parking Lot Entrance) 15211 15st Ave NE "Steps by Candlelight"	Sheila (206) 363-0951
Queen Anne	7:00p	*/LS/M/NH/V	Queen Anne Presbyterian – 414 West Howe Street	??
THURSDAY				
Ballard	10:00-11:15a	*/BB/FF/NC	St Paul's Church of Christ, 6512 12th Ave NW, Room 2	Sharon L. (206) 783-0500
Burien	10:30-11:30a	*/D/H	Highline United Methodist Church - 13015 1st Avenue S	Ruby (206) 241-0433
Federal Way	7:00-8:00p	CLOSED/LS	Brooklake Community Church - 629 So 356th St	Lydia L. (253) 874-5600

CITY/TOWN	TIME	FOCUS	LOCATION	CONTACT NAME/PHONE
West Seattle	7:00-8:15p	*/LS/M/S/W	Peace Lutheran Church - 8316 39th Ave SW (corner of 39th & Thistle, in basement - enter on 39th)	MJ: (206) 979-6665
Mill Creek	7:00-8:30p	LS	North Creek Presbyterian Church 621 - 164th Street SE (Enter through the side doors of church)	Shauna (206) 228-5332
FRIDAY				
Downtown	12:00-1:00p	*/ OA HOW /LS/NH	YMCA, 4th & Marion, Brown Bags Welcome (check at reception for room assignment)	Jenny H. (206) 931-9805
Burien	5:00-6:00p	BB/NEW	The Solution - 207 SW 153rd Street	Julie (206) 870-2716
Downtown	7:00-8:15p	M/W/S	Denny Park Lutheran Church – Basement, 766 John St "Not a glum lot" – Brown Bags welcome	Sherry T. (206) 446-0526
SATURDAY				
Woodinville	8:30a	*/SS	Woodinville Community Methodist, Memorial Room 17110 - 140th Avenue NE (use entrance on NE 171st)	John (425) 821-3638
Mill Creek	8:30-9:45a	LS/Sat Serenity	Advent Lutheran Church, 4306 132nd St SE Bldg. A	Kim (425) 344-9223
Bellevue	8:30-10:00a	BB/FF/S/V	Alano Club of the Eastside 12302 NE 8th Street (1 block west of 124th Ave NE)	Sharon B. (425) 761-1685 Diana K (425) 401-6793
Kent	10:00-11:00a	LS	Kent United Methodist Church, 11010 SE 248th, Rm 22	Lori (253) 508-2428
Ballard	10:00a	*/SS/M	St Paul's Church of Christ, 6512 12th Ave NW, Downstairs	Carolyn C. (206) 782-1659
Univ. District	10:00-11:30a	*/CC/SS/NC	University Christian Church, 4731 15th Avenue NE (Room 201, ring bell at main entrance on 15th)	Stacey (206) 683-3466
W. Seattle	10:00-11:00a	OA HOW	Peace Lutheran Church 8316 39th Ave SW	Maryann (206) 329-5263
Columbia City	4:00-5:00p	BB/NC	Columbia City Church of Hope 3818 South Angeline Street	Elisa (206) 920-3681
Columbia City	5:15-6:15p	S/BB	Columbia City Church of Hope 3818 South Angeline Street	Chris (206) 660-9978

Snohomish / Skagit / Island/ Whatcom Counties

SUNDAY				
Edmonds	6:30-7:30p	D/S/NC	Edmonds Lutheran Church 0 23525 - 84th Ave West	Judith (206) 362-8897
Bellingham	9-10:30a	*/BB	St. Joseph's Hospital Main Campus, Physician's Dining Rm	Mary (360) 420-1044
MONDAY				
Anacortes	10:30-11:30a	FF/V	Anacortes Lutheran Church, 22nd & "O" Avenue	Arlene (360) 757-2324
Everett	5:30-6:45p	LS	Providence Medical Ctr 916 Pacific Ave, Monte Cristo Rm	Dawn (206) 398-9479
Mt Vernon	6:00-7:00p	*/V	First United Methodist Church, 1607 East Division St	Dottie (562) 857-0588
Langley	6:00-7:00p	V	Langley Fellowship Hall, 432 2nd St	Leslie (360) 320-2539
Bellingham	6:30-7:30p	LS	St. Luke's Ed Ctr 3333 Squalicum Pk	Richard (360) 201-3786
Bothell	7:00–8:15p	*/H/V	Emmanuel Presbyterian 19540 - 104th Avenue NE	??
TUESDAY				
Bellingham	5:30-6:30p		Garden Street Methodist Church, 1326 N Garden St	Justina (425) 238-5683
WEDNESDAY				
Bellingham	5:30-6:30p	*SS + Relapse	St Luke's Education Ctr – 3333 Squalicum Parkway	Marc (360) 510-4560
Camano Island	6:00-7:00p	LS	St Aidan's Episcopal Church Library, 1318 WA-532	Ira (425) 259-9123
Oak Harbor	7:00-8:00p	*/FF/V	Oak Harbor Lutheran, 1253 NW 2nd Avenue	Allen (360) 678-9358
THURSDAY				
Eastsound	5:30-6:45p	V	Orcas Island Community Church, 176 Madrona St	Susan H (360) 461-9846
Marysville	6:00-7:00p	*/V	Mt View Presbyterian Church, 5115 100th Street NE	Ruth (425) 350-6595
Anacortes	7:00-8:00p	11th Step	Center for Spiritual Growth, 1013 5th St	Jennifer (951) 237-8626
Monroe	7:00-8:00p	NC	Monroe Congregational Church, 301 South Lewis St Fellowship Hall	Michal (425) 444-0217
Mill Creek	7:00-8:30p	LS	North Creek Presbyterian Church, 621 164th St SE (Enter through side doors of church)	Shauna (206) 228-5332
FRIDAY				
Bellingham	12:00-1:00p	SS/TS	1st Congregational Church, 2401 Cornwall Ave, Rm 11	Amanda (360) 366-8974
SATURDAY				
Mill Creek	8:30-9:45a	LS	Advent Lutheran Church, 4306 132nd St SE Bldg. A Saturday Serenity	Kim (425) 344-9223
Bellingham	10:00 -11:30a	LS	St James Presbyterian Church, 910 14th Street	Elaine B (360) 715-1681
Friday Harbor	9-10:00a	V	395 Spring St. House next door to church	David (360) 378-8436

Pierce County Intergroup & South Sound Intergroup: Thurston / Mason / Lewis / Grays Harbor Counties

CITY/TOWN	TIME	FOCUS	LOCATION	CONTACT NAME/PHONE
SUNDAY				
West Olympia	4:00-5:00p	OA HOW	Capital Medical Center, 3900 Capital Mall Dr. SW, 98502	Greg (360) 888-0995
MONDAY				
Fircrest	12:00-1:00p	*/D/H	Redeemer Lutheran Church, 1001 Princeton St. Discussion and Literature Study.	Becky (253) 312-3353
Aberdeen	5:30-6:30p	LS	Harbor Crest Behavioral Health, 1006 N "H" St, Rm 413	Jennifer (805) 260-6471
West Olympia	5:30-6:30p	SS	Capital Medical Center, 3900 Capital Mall Dr. SW	Mary S. (360) 280-5165
Puyallup	7:00p-8:00p	*/D	Puyallup First Presbyterian Church, 412 West Pioneer Ave No children, please	Jim (360) 943-8587
TUESDAY				
Olympia	12:00-1:00p	FT	St John's Episcopal Church, 114 20th Ave SE	Michael Mary (360) 357-9692
Tacoma	5:30p-6:30p	*/BB	Mason United Methodist Church, 2710 N. Madison St. Park in back lot, enter lower doors and go upstairs	Debbie (253) 302-2331
Yelm	6:00-7:00p	OA HOW	United Methodist Church, 408 - 2nd Street	Jeanette (360) 359-8728
WEDNESDAY				
Tacoma	12:00-1:00p	V	First Congregational Church, 7209 S Puget Sound Avenue	Barb (253) 380-0164
Olympia	5:30-6:30p	OA HOW	St Peter Hospital, 413 Lily Rd NE, Montreal Room	Kathy B (360) 359-2755
Milton	6:00 – 7:30p	CLOSED	Milton United Methodist Church, 1403 10th Ave Literature/Discussion meeting	Brent (253) 441-1086
Gig Harbor	7:00-8:00p	LS/V	United Methodist Church, 7400 Pioneer Way, Rm #4	Eric (509) 979-0399
THURSDAY				
Tacoma	12:00-1:00p	LS/V	Gloria Dei Lutheran Church, 3315 So 19th St., in Fireside Room (or look for sign)	Sue (253) 537-4478
Shelton	5:30-6:30p	LS	Shelton Christian Church, 115 W. Arcadia Ave	Lori H. (360) 970-8249
Lakewood	6:00-7:00p	CLOSED/LS	St Clare Hospital, Medical Pavilion 1st Flr, Classroom C (bldg. closest to Bridgeport Way SW)	Amanda (253) 310-7218
Federal Way	7:00-8:10p	LS/V	Brooklake Community Church - 629 So 356th St, Rm #109	Lydia L (206) 423-2220
FRIDAY				
Puyallup	6:30-8:00p	BB	Christ Community Baptist Church - 8016 - 176th St E	Jackie D (360) 628-9532
SATURDAY				
Shelton	10:00-11:00a	SS	St. David's Episcopal Church, 218 North 3rd Street	Betty B. (360) 432-0662
West Olympia	10:00-11:00a	VOR	Capital Medical Center, 3920 Capital Mall Dr. SW Physician's Pavilion	Jean (360) 915-4110
Gig Harbor	11:00a-12:00	*/SS	Chapel Hill Presbyterian Church, 7700 Skansie Ave, Rm #229 (Entrance A)	Cayenne (253) 802-6237

Peninsula Area

CITY/TOWN	TIME	FOCUS	LOCATION	CONTACT NAME/PHONE
MONDAY				
Pt Angeles	9:00a	D	St Andrew's Episcopal Church, 510 E Park Ave, Conf Rm	Mary (360) 477-1858
Poulsbo	10:00a	D/H	St Olaf's Catholic Church, Religious Education Bldg. 18943 Caldart Street	Carol (360) 297-3187
Sequim	4:15p		St Luke's Episcopal Church, 525 North 5th Avenue	Connie (360) 582-1969
Pt Townsend	5:30p	SS	St Paul's Episcopal Ch, 1032 Jefferson St (Fenn House)	Karen (360) 379-1513
Pt Orchard	5:30p	Newcomers	1730 Pottery Ave, Ste 120, Port Orchard	Toby (360) 871-7764
Pt Orchard	6:00p	D	1730 Pottery Ave, Ste 120, Port Orchard	Toby (360) 871-7764
TUESDAY				
Sequim	Noon	D/V	St Luke's Episcopal Church, 525 North 5th Avenue	Roberta (360) 582-9549
Poulsbo	7:00p		St Olaf's Catholic Church, Religious Education Bldg. 18943 Caldart Street	Carol (360) 297-3187
WEDNESDAY				
Bainbridge Is	12:00-1:00p	LS	Winslow Arms Apartments, 220 Parfitt Way SW. (park in front, walk to Recreation bldg. behind main apt. bldg.)	Sara (206) 276-2633
Pt Angeles	5:30p	LS	Bethany Pentecostal Church, 508 South Francis Street	Jessica (360) 457-8395

CITY/TOWN	TIME	FOCUS	LOCATION	CONTACT NAME/PHONE
SATURDAY				
Pt Orchard	7:00a	MEN	1730 Pottery Ave, Ste 120, Port Orchard	Lee (360) 373-4755
Pt Orchard	8:00a	D	1730 Pottery Ave, Ste 120, Port Orchard	Tom (206) 459-3035
Pt Hadlock	9-10:00a		Hadlock Fellowship Hall, 711 Nesses Corner	Judith (360) 437-2394
Bainbridge Is	9:00a	SS	Eagle Harbor Congreg Church, 105 Winslow Way W	Linda (206) 330-1203
Bremerton	10-11:00a	LS	5910 Wilmont Street	Toby (360) 871-7764
Sequim	10:00a	LS	St Luke's Episcopal, 525 North 5th Ave (Basement)	Margie (360) 452-0227

EXPLANATION OF MEETING SYMBOLS

***** Handicapped Accessible	**FT** "For Today" Book	**NH** No Meetings on Holidays	**W** Writing, Various Formats
123 Step Study, 1-2-3 Only	**H** Holidays, call for information	**OT** Old Timers—Focus on Long term (3+ yrs) abstinence	**Y** Youth Welcome
BB Big Book Study	**LL** Lifeline Magazine	**SS** Step Study, 12 & 12	**Special Interest Groups (Open to All):**
CLOSED Only open to OA members	**LS** Literature Study	**S** Speaker—Speaker shares Experience, Strength, & Hope	**GLBT** Gay, Lesbian, Bisexual, Transgender Focus
CC Child Care Available (call first)	**M** Meditation	**TS** Tradition Study	**OA HOW** HOW concept (a more structured approach to traditional program)
D Discussion or Topic	**NEW** New Meeting	**V** Varied Format	**MEN** Men's Focus
FF Fragrance Free (No perfume or cologne)	**NC**—Special Focus for newcomers, all welcome	**VOR** Voices of Recovery	**WOM** Women's Focus

GREATER SEATTLE INTERGROUP - Group No 09194
PO Box 17415, Seattle, WA 98127
Intergroup Chair e-mail: chair@seattleoa.org
Monthly Meeting: 7:15 pm to 8:45 pm, 1st Tuesday every month
Please email or see online directory for location.
Fragrance Free, please

Directory changes, suggestions, or assistance finding meetings?
Email: **directory@seattleoa.org**
Online updates posted periodically. New meetings, please provide day of the week, starting/ending times, focus, location, and contact name and number. ***Please also register with OA World Service at www.oa.org/meetings (select "Add a New Meeting" at right)***

OA HOW Study Materials contact **Pam C**... ..... .(206) 724-4169

Delegates to World Service:
Cindy C..... Delegate2@seattleoa.org
Sandra C..... Delegate1@seattleoa.org

Seattle OA 24–Hour Warmline (206) 264-5045

CONTACT NUMBERS FOR OTHER AREAS
Anacortes .....(360) 293-8671
Bellingham/Whatcom Co. .....(360) 366-8974
Bremerton Area.....(360) 692-7040
Everett Area .....(360) 651-7530
Skagit/Island counties .....(360) 678-9358
Olympia Area.....(360) 352-8159
Tacoma area.....(253) 238-2287
Port Angeles area .....(360) 417-1570
Whidbey Island.....(360) 678-9358
OA World Service Office (all other areas):.....(505) 891-2664

Find us on the web at:
Greater Seattle Intergroup .....www.seattleoa.org
Region One www.oaregion1.org
Website ..... www.oa.org
Email..... info@oa.org
Subscribe to Lifeline .. http://bookstore.oa.org/category/Lifeline

To update meeting information* on the OA World Service website, visit https://www.oa.org/edit-a-meeting/ or call
Greater Seattle Intergroup .....Avram.....(206) 679-9142
Pierce County Intergroup .....Cindy W..... (253) ??
South Sound Intergroup .....Jean J.....(360) 915-4110
North Cascade Intergroup .....Marjorie .....(360) 678-9358

COMING EVENTS: ***Printable flyers and additional information may be found at www.seattleoa.org or www.oaregion1.org***

Region One Convention "Recovery in the Emerald City" **Oct. 13-15 2017 Seattle, WA** https://sites.google.com/site/2017oaregion1convention/	**SAVE THE DATE: OA HOW Spring Retreat** Camp Houston **Friday June 2nd-4th Chair:** Pam C (206) 724-4169
Monthly Telephone Workshops (once or twice each month). **Phone Number: 1-424-203-8405, PIN: 925619#** See http://www.oaregion1.org/events.html for topics, future dates, and other details	